Elementary

**Week before Event:**

Next week is Walk+Roll Challenge week. Walk, bike or roll to school all week / on Wednesday / etc. for a chance to win prizes!

**Day before Event:**

Did you know kids need one hour of physical activity each day to stay healthy? Walking, biking and rolling to school helps! The Walk+Roll Challenge starts Monday / tomorrow / etc. Students that walk, bike or roll to school will have a chance to win prizes.

**Mid-Challenge Encouragement (for Week-Long Events)**

Our students are doing a great job walking, biking and rolling to school. Keep it up! The Walk+Roll Challenge ends Friday.

Middle School

**Week before Event:**

The Walk+Roll Challenge is next week. It’s a competition that challenges students to incorporate physical activity like walking and biking into their trips to and from school. So Walk, bike and roll to school all week / on Wednesday / etc. for your health and for a chance to win prizes!

**Day before Event:**

Did you know kids need one hour of physical activity each day to stay healthy? Walking, biking and rolling to school can help you reach this goal. The Walk+Roll Challenge starts Monday / tomorrow / etc. Students that walk, bike and roll to school will have a chance to win prizes.

**Mid-Challenge Encouragement (for Week-Long Events)**

Our students are doing a great job walking, biking and rolling to school. Keep it up! The Walk+Roll Challenge ends Friday.

High School

**Week before Event:**

The Walk+Roll Challenge is next week. It’s a competition that challenges students to incorporate physical activity like walking or biking into their trips to and from school. High school students need 60 minutes of physical activity per day to stay healthy. Walking, biking and rolling to school can help you reach this goal. So get active next week / Wednesday / etc. for your health and for a chance to win prizes!

**Day before Event:**

The Walk+Roll Challenge starts Monday / tomorrow / etc. Participating is a great way to make physical activity like walking or biking part of your daily routine. It’s also a great way to win prizes!

**Mid-Challenge Encouragement (for Week-Long Events)**

Our students are doing a great job walking, biking, and rolling to school. Keep it up! The Walk+Roll Challenge ends Friday.