SEEM Steps

* Every student and staff member of SEEM Collaborative will get a pedometer to wear everyday from January 27-31.

* Every day, your school will take the total # of steps per day and divide by the number of participants in that day. (If students/staff are out, then no data is recorded for that person.)

* Each school is in charge of how you would like to record your steps for each day, pass out pedometers, etc.

* At the end of each day, the steps will be called into Sheila Senior by your representative and put on the website.

* The object of the competition is to be the school that has the highest average of steps for the week.

Skills this activity will help develop:

- Goal Setting (Individual and team)
- Team Play
- School Unity/Pride
- Responsibility
- Health and Wellness

**The school with the highest average will win a Wii Fit for their school!!!**