

# 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!!\*\***

