*GMSD’S FITNESS LAND*

**A COORDINATED SCHOOL HEALTH INITIATIVE**

***PLAY BETTER, FEEL BETTER, LIVE BETTER***

**Rules & Guidelines:**

* **Must complete 21 activities and/or challenges in order to move to the next level.**
* **All participants start off on “Level 1”**
* **Participants can complete as many activities/challenges as possible in each day.**
* **Must acknowledge completed task in GMSD Fitness Land Form**
* **Honesty & Integrity are two requirements in order to play (be honest about the completion of tasks/challenges/activities).**

**Mindfulness Tasks:**

* Use GMSD Virtual Calming Room
* Complete a single journal entry
* Sleep for a min. 7 hours in a day
* Meditate and/or self-care practice

**Fitness Tasks:**

* Exercise for 30-60 minutes
* Get 10,000 or more steps in a day
* Attend a staff fitness class
* Meditate or yoga

**Additional Tasks:**

* Share this initiative with another GMSD staff member (limit to 2/level).
* Social media shoutout for this initiative (limit to 2/level)
* Lead a fitness, mindfulness, and/or nutrition activity in your class (can be completed each day).

**Nutrition Tasks:**

* Prepare & eat a healthy meal
* Drink 64 oz of water in a day
* Share a healthy recipe (limit to 2 per level)
* Track calorie intake for a single day