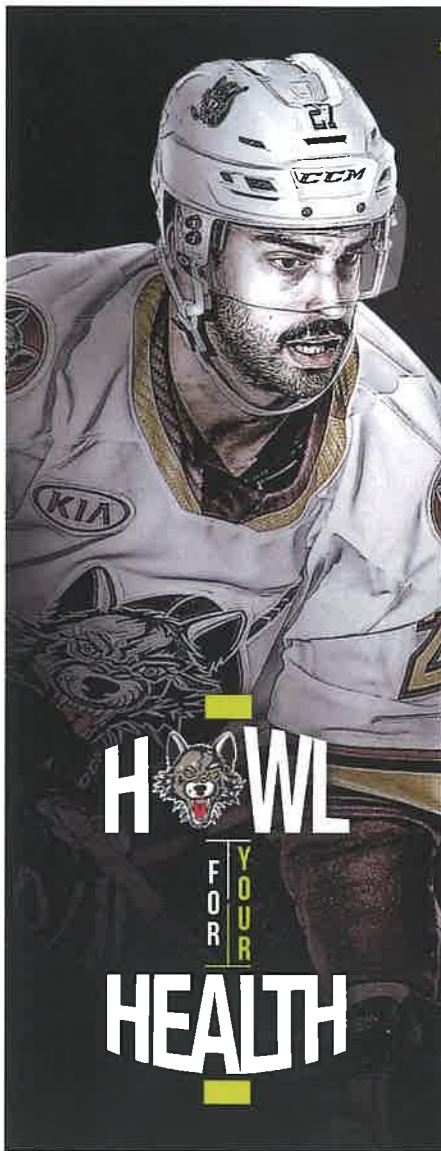


Dear Families,


Saint Constance School has chosen to participate in a health program for students in grades Kindergarten through Eighth Grade. It is the **Chicago Wolves Howl for your Health program**. We want to help your child stay active. We are encouraging students to lead healthy lifestyles through this initiative. **We are asking that your child complete 24 hours of exercise by Friday, May 28.** Once you have completed your exercise log, you will receive a **FREE TICKET TO A CHICAGO WOLVES HOME GAME**. You are allowed to turn in the log as soon as it is completed. **Due to the ongoing pandemic, the certificate will expire on December 31, 2021.** Your homeroom teacher will give you your complimentary ticket form. Families, please sign the back of the log to validate that your child has exercised for 24 hours. Please contact Ms. Sendra if you have any questions. 😊

***EXERCISE FOR 24 HOURS = FREE TICKET TO A GAME***





# TRACK YOUR HEALTH GOALS USING THE CHART BELOW



NAME

My goal is to  by

I will  to meet this goal!

DATE	PROGRESS MADE
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Check this box when your goal is completed and bring this chart to your teacher to receive a certificate for a free Wolves ticket

