

# GET FIT

Dear Parent/Guardian:

Welcome to the Minnesota Timberwolves & Lynx Get Fit program!  
Your child's school/classroom has registered for the Get Fit program to encourage movement and activity outside of the school day.

The Get Fit program runs from Monday, October 3rd, 2016 through Friday, November 18, 2016. Students who achieve 75 points or more for their movement and activity during this time will receive a special Timberwolves prize and free student ticket offer for a 2016-17 Timberwolves game and 2017 Lynx game!

**1 point = 15 minutes of activity**

**Examples:** basketball, raking, soccer, skiing, karate, running, bowling, skateboarding, bicycling, hockey, football, walking the dog, plus more!

## THIS PACKAGE INCLUDES:

- Timberwolves Prize
- Poster
- Free Timberwolves & Lynx Ticket (with purchase of an adult ticket)

We appreciate your support of this FastBreak Foundation initiative. Please visit [timberwolves.com/community](http://timberwolves.com/community) for more information on other FastBreak Foundation programs. As a team, we can help your child develop an active lifestyle that will last a lifetime!

**FASTBREAK  
FOUNDATION**



## GET FIT ACTIVITY/MOVEMENT LOG

Student Name: \_\_\_\_\_ School: \_\_\_\_\_

Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Activity #1 # of points _____	Initials _____	Activity #11 # of points _____	Initials _____
Activity #2 # of points _____	Initials _____	Activity #12 # of points _____	Initials _____
Activity #3 # of points _____	Initials _____	Activity #13 # of points _____	Initials _____
Activity #4 # of points _____	Initials _____	Activity #14 # of points _____	Initials _____
Activity #5 # of points _____	Initials _____	Activity #15 # of points _____	Initials _____
Activity #6 # of points _____	Initials _____	Activity #16 # of points _____	Initials _____
Activity #7 # of points _____	Initials _____	Activity #17 # of points _____	Initials _____
Activity #8 # of points _____	Initials _____	Activity #18 # of points _____	Initials _____
Activity #9 # of points _____	Initials _____	Activity #19 # of points _____	Initials _____
Activity #10 # of points _____	Initials _____	Activity #20 # of points _____	Initials _____

**TOTAL  
POINTS**

Parent/Guardian/Teacher Signature  
(required to receive prize package)

Please sign and return to PE teacher.