



# Walk or Wheel (WOW) Challenge 2020

## A Month of Virtual Walk, Bike, and Roll Fun!

We invite you to join other students and families across Dane County and take the Walk or Wheel Challenge this October!

### What is the WOW Challenge? How is it different this year?

The Walk or Wheel (WOW) Challenge is an annual walking and biking celebration and contest that happens every October. No matter where learning takes place this fall– in the classroom or virtually - it is important to get physical activity through walking and biking and encourage student and family health so children are feeling energized, supported, and ready for whatever is ahead.

Therefore, Healthy Kids Collaborative has modified the Walk Or Wheel (WOW) Challenge so students and schools can still celebrate walking and biking with one another, stay active, and win \$\$\$ and prizes.

### WOW Challenge 2020 Student/Family BINGO - with Prizes!

- Students and families go on walks or bike rides listed on the WOW Challenge BINGO board, recording their progress after completing each walk or bike ride.
- \*Students and families wishing to enter into the prize drawing will be asked to keep track of WOW BINGOs on their own at home and submit a short Google Form online by Friday, November 6th
- Completing five activity spaces in a row (up, down, diagonal) to make a BINGO! Each BINGO earns 1 entry into the WOW Challenge prize drawing. *A fully-completed BINGO board (“black out”) earns 5 entries into the WOW Challenge prize drawing.*
- *Send a picture of yourself or your family doing one of the BINGO walks or rides listed to [abhalla@uwhealth.org](mailto:abhalla@uwhealth.org) to get a bonus entry into the prize drawing.*
- **Prize drawing winners will earn their choice of health, physical activity, and family fun-themed prizes such as roller blades, Wisconsin State Park passes, and more!**

**[ENTER STUDENTS & FAMILY BINGO RESULTS HERE BY FRIDAY, NOVEMBER 6th.](#)**



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# Walk or Wheel CHALLENGE



## WOW BINGO

There are many different reasons and occasions to walk and ride a bike during October! Here are a few. Check off 1 from the list below after you complete each walk or ride this month.

 <p>Walk or bike in the morning (before lunch)</p>	<p>Walk or bike with a family member.</p> 	 <p>Walk or bike to a grocery store.</p>	<p>Walk or bike around your block.</p> 	 <p>Total 60 minutes of walking or biking in a day.</p>
<p>Walk or bike to celebrate good news.</p> 	 <p>Walk or bike when you feel thankful.</p>	<p>Walk or bike across a bridge.</p> 	 <p>Walk or bike on a trail in a park or woods.</p>	<p>Walk or bike down a new street or to a new place in your neighborhood</p> 
<p>Walk or bike to see public art – or collect leaves or other materials for a fall art project</p> 	 <p>Walk or bike in the rain.</p>	<p>Do a practice walk or bike to school on Wednesday, October 7<sup>th</sup> to celebrate Walk to School Day!</p>	 <p>Walk or bike along a river, lake, or other body of water.</p>	<p>Walk or bike for 60 minutes total two days in a row!</p> 
<p>While walking or biking count how many fire hydrants are on your route.</p> 	 <p>While walking or biking count how many birds can you spot.</p>	<p>Walk or bike to wind down and relax</p> 	 <p>Walk or bike at sunset.</p>	<p>Walk or bike around your block, twice.</p> 
 <p>Walk or bike after lunch.</p>	<p>Walk or bike in a fun costume or outfit.</p> 	<p>Look up City of Madison WalkTober program, complete 1 activity!</p> 	 <p>Walk or bike because you feel stuck</p>	<p>While walking or biking how many different colored doors can you count.</p> 



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**Celebrate Your WOW Challenge Success**  
**Student/Family BINGO Prize Drawing Entry Form**

\*Complete [this form via Google Forms](#) or by sending to [abhalla@uwhealth.org](mailto:abhalla@uwhealth.org) by Friday, November 6th to be entered into prize drawing.\*

Name: \_\_\_\_\_ # of walks/rides completed from BINGO Board : \_\_\_\_\_

School/Class/Grade: \_\_\_\_\_ # of BINGOs completed: \_\_\_\_\_

What were your accomplishments and challenges during the WOW Challenge?

Tell us about the best walk or best bike ride you took during the WOW Challenge.

What did you learn about yourself or your neighborhood by taking the WOW Challenge?

