

FREDERICK WALKING SCHOLARS CONTEST

This is a Bingo Game for Frederick County children and their families.

Please cross off the boxes as you complete the activities. The activities will begin on October 1st, 2020 – October 31st, 2020. SUBMIT to SafeKids@FrederickCountyMD.gov
*Schools with the most bingos win a **PRIZE**. We would love to see pictures of your adventure! If you submit pictures, you are giving us permission to use your picture in any type of publication or media.*

1,000 steps	Walk up and down 10 floors	Set a family walking goal (ex. 5 mins everyday)	Take a picture of nature	Walk 20 miles (42,240 steps)
Walk for 20 mins (2,000 steps)	Pick a walking playlist	Walk for 45 mins (4,500 steps)	Take a walk every day for one week	Walk as a family
Take a walk during your lunch break	5,000 steps	SAFE KIDS FREDERICK COUNTY	Stretch before you walk	10,000 steps
Drink 2 Liters/ 8 Cups of Water	Go for a 5 min walk every hour	20,000 steps	Find something red on your walk	Clean the garden
Take a picture of pedestrian safety	Find a birds nest on your walk	How many times did you STOP, LOOK and LISTEN?	Count the number of stop signs you pass	100,000 steps

If you would like more information, need assistance or to submit your entry, please contact Safe Kids Frederick County at SafeKids@FrederickCountyMD.gov or text 240-877-4087.



Public Health
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Frederick County Health Department

Name: _____ Grade: _____

School: _____

