

The **21 DAY CHALLENGE IS BACK!** Borchardt has been participating in the 21 Day Challenge since its inception! It has been an awesome way to focus on healthy eating and it's FREE! It's also a great way for our school to earn FREE PE equipment, if we have enough students participate!

Check out this [video](#) to find out about the challenge.

SIGN UPS for the 21 Day Challenge have started! **IT IS FREE! ALL** students that sign up will get an **AWARD** after they complete the survey (survey will be sent on **NOVEMBER 5th**). After students do the survey – their award will be sent to Borchardt.

Go to: <https://kids-teaching-kids.com/sign-up/> **TO SIGN UP YOUR CHILD. Hurry! Sign - ups end on October 1st, no exceptions!** Enter your child's name, grade and teacher name using **YOUR EMAIL ADDRESS** (this is the email address they will use to send you the survey).

DON'T FORGET – You will be given an 8 DIGIT CODE (given to you after you sign up – SAVE AND WRITE this code in your cookbook– you will NEED THIS CODE when you do the survey on November 5th (your child will bring the recipe book home this week after health class). No need to record your child's snacking – our goal with this challenge is to bring awareness to healthy snacking!

CHALLENGE TIMELINE:

- Sign up on Sept 17th through October 1st (enter BORCHARDT, student name, teacher, grade level and SAVE the 8 DIGIT CODE to use later)
- Eat healthy snacks on October 1st through October 21st (no need to log any info)
- Do the survey on November 5th through November 12th (enter your students 8 digit code you received when you signed up)
- Awards will be sent to students who signed up AND do the survey!