



# Muirlands Middle School

Happy Heart  Fitness Challenge

February 14, 2018

12 laps qualifies for the  
5K Club

Lap Goal \_\_\_\_\_  
Laps Completed \_\_\_\_\_

STUDENT NAME: \_\_\_\_\_ P.E. TEACHER: \_\_\_\_\_ P.E. PERIOD: \_\_\_\_\_

Sponsor's Name (Please print clearly)	Phone #	Amount		Total Laps Completed	Amount Due	Collected -Check # or Cash
		Pledged per lap	Flat donation			
1.		\$	\$	X =	\$	
2.				X =		
3.				X =		
4.				X =		
5.				X =		
6.				X =		
7.				X =		
8.				X =		
9.				X =		
10.				X =		
11.				X =		
12.				X =		
13.				X =		
14.				X =		
<b>TOTAL</b>					\$	

**Runners can be sponsored in two ways** - 1.) Amount Pledged per Lap completed (i.e. # laps x amt pledged per lap = total donation) or 2.) Flat Pledge Amount for participation. Please have checks made payable to **Muirlands Foundation** with "Happy Heart Fitness Challenge" entered on the memo line. After you collect the donations from your sponsors, please total your money and enclose it with this Pledge Sheet in an envelope marked with your name, P.E. teacher and P.E. period. Extra Pledge Sheets are available in the office or can be downloaded on the MMS Website. **THANK YOU FOR YOUR DONATIONS!!!**



# Muirlands Middle School

## Happy Heart Fitness Challenge

**Sponsored  
by the  
Muirlands  
Foundation**

The 14<sup>th</sup> Annual Muirlands' Happy Heart Fitness Challenge is coming to P.E. classes on **February 14<sup>th</sup>, 2018!** The purpose of the Fitness Challenge is for students to set personal exercise goals and get a good physical workout, while also supporting the Muirlands P.E. Department. Funds raised will go toward the maintenance of our P.E. facilities, unique Fitness Lab, P.E. equipment, and swim program held at the Coggan Family Aquatic Complex. During the event, students are encouraged to run as many laps as they can during their P.E. class period. Students should set a personal goal and work hard toward achieving their goal. Fundraising is voluntary and appreciated. Sponsor sheets are available at the Muirlands front office, on the Muirlands website under School News, or from P.E. teachers.





The fundraising period will extend through:

**February 28<sup>th</sup>, 2018**

To be eligible for awards, the Pledge Sheets and pledges are due to P.E. teachers no later than:

**Deadline: Wednesday, February 28th, 2018**

### **PRIZES INCLUDE:**

-  5K Medals
-  Sport packages
-  Movie packages
-  and more!

*Thanks for your support.*

*The Muirlands PE Teachers and Muirlands Foundation*

For more information, please call the Muirlands P.E. Department (858) 459-4211 x.115 or contact the Muirlands Foundation ([muirlandsfoundation@gmail.com](mailto:muirlandsfoundation@gmail.com))