

# Hop!

## Hop! October Challenge: iWalk Month

**October is International Walk to School Month (iWalk Month) and Hop! challenges students to walk as many days as they can for the rest of October!**

Students can log walks to and from school and walks in the community.

Participants earn digital medals for the number of days they walk in October.

- **Gold: walk 5 days**
- **Silver: walk 3 days**
- **Bronze: walk 1 day**



At the end of October, medals will be digitally awarded on students' dashboards.



**All students who participate in the iWalk Challenge will be entered in a random prize draw to win one of ten \$50 gift cards from Chapters.**

## Celebrate your Steps to School with Hop!

 [www.123Hop.ca](http://www.123Hop.ca)

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by **envirocentre**

