

Dear Parents and Guardians,

As we approach the end of January and by popular request Fit Feb is back!

We would like to invite the whole Croydon High Community to Move More in February for Fit Feb and make every metre count.

We will be running an Inter-House Competition throughout the month to see which house/group can clock up the most kilometres. For those not in a house, we have added a CHS group so your kms will count as well.

For those wanting an individual challenge - it is an Olympic year, with Paris being the host city.

Challenge - can you accumulate 350 km (distance between Croydon High and the Stade de France, Olympic Stadium) in February?

At the end of each week, please submit your distances.

Pupils and staff can fill out a weekly Google Form and those without access can email fitfeb@cry.gdst.net

Please include the following information in your email:

Distance (km) -

House or CHS Group -

Evidence -

Google Form and email submissions dates and times:

Sunday 4 Feb by 3pm

Sunday 11 Feb by 3pm

Sunday 18 Feb by 3pm

Sunday 25 Feb by 3pm

Thursday 29 Feb by 11.59pm

Evidence

I have provided some further information to hopefully make it as easy as possible for you to gather evidence. Evidence can be a screenshot of the fitness app or photo of a fitness machine.


Please see below some useful apps that you may want to consider using to track your activity:

Map My Walk by Under Armour 

Map My Run by Under Armour 

Map My Ride by Under Armour 

Nike Run Club 


Strava - Walking, running, cycling, swimming 

We have a Strava - Fit Feb with Croydon High Club which you are all welcome to join for the month of February. If you would like to join, please click this [link](#) and request permission to join.

For information on how to set up a private Strava profile, please click this [link](#).

Apps associated to specific sport watches:

Fitbit 

Garmin connect for watch/bike 

Apple watch 

Recording results

Pupils, parents and staff will have access to the Google Form link at the end of each week and will be asked to submit their kilometres by **3pm on specific dates**. I will then collate all distances and results will be announced every week in assembly by our Head, Ms Davies.

The Google Form will consist of a few questions and should only take a couple of minutes to complete. Please include all members of your family on one Google Form.

I have also included an activity conversion chart to convert time spent exercising in kms. The chart can be used to find out how many kms you have built up doing different exercises or day to day activities

[Fit Feb 2024 - Activity Conversion Chart](#)

Please note, this year cycling distances will be halved to ensure that it is fair for each discipline.

In addition, entries can also be submitted via the email address below. Please note an automated acknowledgement will be sent and your distances will be recorded.

fitfeb@cry.gdst.net

Everyone can get involved whatever your level of fitness. As a Croydon High community, let's make it an active February. Make every kilometre count in February - from the daily dog walks, family strolls, runs, cycle rides and where possible rowing!

I very much look forward to receiving your entries and hope you all enjoy getting active throughout Fit Feb. In addition, please also send us some fun pictures throughout the month

With very best wishes

Sue Beck