**MINI GYM TIMELINE 2020-2021**

March 2020 (5 teens) Alexia, Jordon, Ashanti, Esteban, Fadi

1. Teens met to discuss final draft, administrators also attending.
2. Teens reviewed selected gym equipment & materials. We added Fitbit type bands for students.  We added towels. The mat was increased to cover the whole floor. Our Principal suggested a wall mounted TV & all agreed this was a great idea.
3. The group of 5 teens are going to work on an orientation, health & safety signs for the gym, & some guidelines for healthy lifestyle.  Jordan has volunteered to interview a teacher for more information about nutrition, healthy activities & using mindfulness & yoga. This information will be compiled in a teen guide.

*Administration will check with PE department about getting boxing bag & gloves*

Finalize budget & timeline for $10,000 meet March 11th

*Administration will send Buildings & Grounds Service order for bungalow repair*

*Grant support letter from Principal (attached)*

**May 2020 funds arrive**

**New team of teen leaders with Ms. Columbo (up to 5 students)**

~~April~~ ?Fall 2020 Draft orientation for students; draft gym signs with rules; draft feedback form

~~May/June~~ ?Fall 2020 Order & assemble gym equipment

~~May~~ Summer/Fall 2020 (Teens working Online)Complete orientation & signs; make map of mini gym showing where equipment, clock, other items will go.

~~June~~  ?Fall 2020 Set up mini gym following map; orientation for summer school staff & students

*J~~une 2020 Feedback from summer school students who use mini gym~~*

?Fall 2020(team of 5 teens)

1. Orientation for teachers & each class; analyze summer school feedback & change/edit signs & layout if needed
2. Teens will finalize student cards for gym use & healthy lifestyle
3. Teens will set up a schedule for checking on gym each week for safety & cleanliness

~~September~~ ?Fall 2020 Individual orientation for new students

~~October~~ ?Fall 2020 Feedback from all mini gym users: a short student survey about gym usage & satisfaction with the mini gym.

~~October~~ ?Fall 2020 Analyze feedback & change/edit signs if needed

?January 2021 Teens write final grant report that includes:

1. Number of staff & students who completed orientation (June-September)
2. Average number of students using mini gym each week
3. Number of student gift cards distributed for gym use & for healthy life style.
4. Results of short satisfaction survey.
5. Sample of orientation form, student cards, survey, gym signs.

**MINI GYM BUDGET REVISED**

Power reels 3lbs 2@ $69.99 139.98

Power reels 5 lbs [2@79.99](mailto:2@79.99) 159.98

Power reels 8 lbs [2@$89.99](mailto:2@$89.99) 179.99

Bands [2@35.95](mailto:2@35.95) 71.90

Pines Exercise bike 2@354.82 709.64

Marcy stack dual function gym 1@700 700.00

Oscillating standing fans [2@38.99](mailto:2@38.99) 77.98

Locker [1@179.99](mailto:1@79.99) 179.99

Bugani Speaker 1@ 69.96 69.96

Chkosda clock [1@85.99](mailto:1@85.99) 85.99

Champion stop watch [2 sets@ 36.71](mailto:6@36.71) 73.42

Balance form mat black [6@$114.99](mailto:6@$114.99) 689.94

Toshiba flat screen tv 55 inch 379.99

TV wall mount $44.99 44.99

Fitness tracker [40@$25.98](mailto:40@$25.98) 1039.20

Towels [24@34.99](mailto:24@34.99) 34.99

Battle exercise rope @ 64.99 64.99

Total $4799.41 (not including tax)

Stipends each semester for teens who help set up/organize mini gym $2000/5 each semester @$200

$10 gift certificates for students who work out 10 times 100@10 total $1000

$10 gift certificates for students achieving PE/fitness/health goals 200@$10 $2000

Total $5000