



Moving Schools Challenger

Bruno's Experience at the Moving Schools Challenge

Who is Bruno?

Bruno is an energetic 11-year-old boy studying in the 6th grade in Madrid. He loves staying active and enjoys a variety of sports, including football, basketball, and skating. Bruno is also a dedicated athlete, training regularly at a local athletics club.

How Bruno achieve Healthy Kms every day?

Morning Routine:

Bruno starts his day at 7:30 AM by taking a shower, getting dressed, and tidying up his bedroom. He then enjoys a nutritious breakfast at 8:00 AM, consisting of a kiwi and two slices of toast topped with fresh tomato and olive oil, accompanied by water and milk. This healthy start to the day earns him **1 extra HK**.

Walking to School:

Every day, Bruno walks 1 mile to school, earning **1.5 HK** for this effort.

Morning Recess:

During his morning recess, Bruno plays various sports such as football or basketball. At his school, students are encouraged to alternate between different sports each day. By playing actively for 25 minutes, Bruno earns **5 HK**.

After-Lunch Recess:

In the afternoon, Bruno spends an hour playing with his friends. Although they aren't constantly moving, the school awards **10 HK** to students who actively participate during this time.

Weekly Activities:

Bruno has a packed schedule that includes swimming lessons once a week and physical education (PE) classes twice a week. Each session earns him **10 HK**.



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Afternoon Walks and Athletics Training:

On Mondays, Wednesdays, and Fridays, Bruno walks back home, earning an additional **1.5 HK** each day. On Tuesdays and Thursdays, he attends athletics training, where he earns **10 HK** for each session.

Bruno's Weekly HK Breakdown:

Monday to Friday:

Bruno accumulates **142 HK** through his daily activities and sports.

Saturday:

Bruno often participates in athletics competitions, earning an extra **5 HK**.

Sunday:

Bruno enjoys cycling with his family for 1.5 hours, which earns him **15 HK**.

Total Weekly HK:

Bruno consistently earns **162 HK each week** through his active lifestyle.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Totals
	y		y	y		y	y	
Wake-up	1HK	1HK	1HK	1HK	1HK	1HK	1HK	7HK
Transport	1,5HK	1,5HK	1,5HK	1,5HK	1,5HK			4,5HK
Recess	5HK	5HK	5HK	5HK	5HK			25HK
Recess 2	10HK	10HK	10HK	10HK	10HK			50HK
PE		10HK	10HK	10HK				30HK
Transport	1,5HK		1,5HK		1,5HK			4,5HK
Athletics		10HK		10HK		5HK		25HK
Family							15HK	15HK
Totals	19HK	37,5HK	29HK	37,5HK	19HK	6HK	16HK	162HK