National School Backpack Awareness Day

**Wednesday, September (DATE/YEAR)**

● Get your backpack weighed before school on (DATE)

● Discover if your backpack is an acceptable load for you to carry

● Learn how to select, pack and wear a backpack properly

● Ask the experts- (PT FIRM OR CHIRO NAME) will be in attendance

● Win PRIZES!

● Ask questions/join our committee: (EMAIL CONTACT)

**Is *your* backpack’s weight within the acceptable range?**

**BACKPACK (\_\_\_\_\_\_lb) / BODY WEIGHT (\_\_\_\_\_\_\_lb) x 100 = \_\_\_\_\_\_\_\_\_%**

***The AOTA and APTA recommend backpack load be no more than 10-15% of a child’s bodyweight***



