

Welcome to YOUR Special Olympics BC Provincial Games Challenge Calendar!

Help your Regional Team claim top spot in the province! Use the calendar below for activity suggestions and tracking your points!
Earn points for your team – up to a daily maximum of 10 points – by being active every day!

Here are some ideas of ways you can earn your daily points. Check out the calendar for daily activity suggestions!












PHYSICAL ACTIVITY		POINTS
1	SOBC training/practices with any programs in your Local (virtual or in-person)	5 pts
2	Any type of physical activity, for at least 25 minutes ... <ul style="list-style-type: none"> ✓ Walking, running, rolling ✓ Dancing, swimming ✓ Biking, hiking ✓ Yoga, soccer, frisbee, ✓ Mowing the lawn, gardening, etc! 	25 min = 5 pts 50 mins = 10 pts
3	SOBC Super Circuit (Found in your SOBC Challenge Games Package) <ul style="list-style-type: none"> ✓ Follow along with the workout provided in your package 	5 pts
4	SOBC Stretching Handouts #1 and #2 (Found in your SOBC Challenge Games Package) <ul style="list-style-type: none"> ✓ This is a great option on a day where you need a lighter, easier workout 	5 pts
5	Healthy Recipes – try a new recipe today! <ul style="list-style-type: none"> ✓ Find some recipe ideas in your SOBC Challenge Games Package 	5 pts
7	Go out for a walk using the SOBC Walking Scavenger Hunt Sheet in your package! See how many things you can spot! (Walk for 25 minutes or more)	5 pts
8	Use the Fit 5 Workout Template and build your own circuit!	5 pts
6	Any type of workout lasting a minimum of 25 minutes <ul style="list-style-type: none"> ✓ At-home, at the gym, outside – as long as it's 25 minutes or more! 	5 pts

Every day, make sure you fill out the calendar below with your daily activities, duration, points, and bonus points!









Earn Bonus Points throughout the week by completing the bonus activities found in your calendar!

At the END of each week (Friday), make sure to tell your Training Group Leader your total points for the week!












WEEK #1: May 1st – May 7th

DAILY ACTIVITY SUGGESTION		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		 <p>ACTIVE Complete ANY type of physical activity, for at least 25 minutes, e.g. <ul style="list-style-type: none"> ✓ Walking ✓ Running ✓ Dancing ✓ Sports ✓ Biking, etc. </p>	 <p>STRETCH Follow along with the SOBC Stretching Handouts #1 & #2 for your workout of the day.</p>	 <p>WORKOUT Complete the SOBC Super Circuit workout provided in your package for an at-home bodyweight workout!</p>	 <p>WALK/RUN Go out for a 25-minute walk or run using the Scavenger Hunt Sheet and see how many things you can spot!</p>	 <p>TRAIN Use the Fit 5 Workout Template and build your own at-home bodyweight circuit!</p>	 <p>DANCE Dance to some music for 25 minutes! Grab your water and your favourite tunes, set a timer for 25 minutes, and boogie!</p>	 <p>FOOD Eating healthy is a big part of being an athlete. Try one of the recipes in your package today! Or make your own favourite healthy meal!</p>
TRACKING (Use these boxes to input the type and duration of activity you do each day!)	TYPE							
	TIME (mins)							
	POINTS EARNED	10	10	10	10	10	10	10
BONUS POINTS: (Complete these challenges to receive bonus points towards your weekly total!)	 <p>Drink 5 bottles of water today!</p>		 <p>Complete 5 pages of the Mental Wellness Workbook!</p>		 <p>CLICK A PICTURE! Submit a photo/video of you being active!</p>		 <p>Eat 5 servings of fruits and veggies today!</p>	TOTAL WEEKLY POINTS:
	2		3		2		2	
DAILY POINTS:	12	10	13	10	12	10	12	79












WEEK #2: May 8th – May 14th

		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
DAILY ACTIVITY SUGGESTION									
	You can do one of these activities, or feel free to switch it up and choose your own workout! Use the tracking box below to fill in what you decide to do each day!	ACTIVE Complete ANY type of physical activity, for at least 25 minutes, e.g. ✓ Walking ✓ Running ✓ Dancing ✓ Sports ✓ Biking, etc.	STRETCH Follow along with the SOBC Stretching Handouts #1 & #2 for your workout of the day.	WORKOUT Complete the SOBC Super Circuit workout provided in your package for an at-home bodyweight workout!	WALK/RUN Go out for a 25-minute walk or run using the Scavenger Hunt Sheet and see how many things you can spot!	TRAIN Use the Active Athlete Alphabet to create your own at-home workout! Pick a word of the day and follow the instructions in the document!	DANCE Dance to some music for 25 minutes! Grab your water and your favourite tunes, set a timer for 25 minutes, and boogie!	FOOD Eating healthy is a big part of being an athlete. Try one of the recipes in your package today! Or make your own favourite healthy meal!	
TRACKING (Use these boxes to input the type and duration of activity you do each day!)	TYPE								
	TIME (mins)								
	POINTS EARNED	10	10	10	10	10	10	10	
BONUS POINTS: (Complete these challenges to receive bonus points towards your weekly total!)				 Complete the Building a Routine Template	 Get 5 servings of fruits and veggies today!		 Drink 5 bottles of water today!		TOTAL WEEKLY POINTS: 77
DAILY POINTS:		10	10	13	12	10	12	10	

WEEK #3: May 15th – May 21st

		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
DAILY ACTIVITY SUGGESTION You can do one of these activities, or feel free to switch it up and choose your own workout! Use the tracking box below to fill in what you decide to do each day!		 ACTIVE Complete ANY type of physical activity, for at least 25 minutes, e.g. ✓ Walking ✓ Running ✓ Dancing ✓ Sports ✓ Biking, etc.	 TRAIN Use the Active Athlete Alphabet to create your own at-home workout! Pick a word of the day and follow the instructions in the document!	 DANCE Dance to some music for 25 minutes! Grab your water and your favourite tunes, set a timer for 25 minutes, and boogie!	 WALK/RUN Go out for a 25-minute walk or run using the Scavenger Hunt Sheet and see how many things you can spot!	 TRAIN Use the Fit 5 Workout Template and build your own at-home bodyweight circuit!	 FOOD Eating healthy is a big part of being an athlete. Try one of the recipes in your package today! Or make your own favourite healthy meal!	 STRETCH Follow along with the SOBC Stretching Handouts #1 & #2 for your workout of the day.	
	TRACKING (Use these boxes to input the type and duration of activity you do each day!)	TYPE							
	TIME (mins)								
	POINTS EARNED	10	10	10	10	10	10	10	
BONUS POINTS: (Complete these challenges to receive bonus points towards your weekly total!)	 Drink 5 bottles of water today!	 Read the Strong Sleeping Sheet and get 8 hours of sleep!		 Get 5 servings of fruits and veggies today!			 Submit a photo/video of you being active!	2	TOTAL WEEKLY POINTS: 79
DAILY POINTS:	2	3		2				2	
		12	13	10	12	10	10	11	79

WEEK #4: May 22nd – May 28th

		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
DAILY ACTIVITY SUGGESTION									
	You can do one of these activities, or feel free to switch it up and choose your own workout! Use the tracking box below to fill in what you decide to do each day!	ACTIVE Complete ANY type of physical activity, for at least 25 minutes, e.g. ✓ Walking ✓ Running ✓ Dancing ✓ Sports ✓ Biking, etc.	STRETCH Follow along with the SOBC Stretching Handouts #1 & #2 for your workout of the day.	TRAIN Use the Active Athlete Alphabet to create your own at-home workout! Pick a word of the day and follow the instructions in the document!	WALK/RUN Go out for a 25-minute walk or run using the Scavenger Hunt Sheet and see how many things you can spot!	TRAIN Use the Fit 5 Workout Template and build your own at-home bodyweight circuit!	FOOD Eating healthy is a big part of being an athlete. Try one of the recipes in your package today! Or make your own favourite healthy meal!	DANCE Dance to some music for 25 minutes! Grab your water and your favourite tunes, set a timer for 25 minutes, and boogie!	
TRACKING (Use these boxes to input the type and duration of activity you do each day!)	TYPE								
	TIME (mins)								
	POINTS EARNED	10	10	10	10	10	10	10	
BONUS POINTS: (Complete these challenges to receive bonus points towards your weekly total!)		Complete 5 pages of the Mental Wellness Workbook!				Get 5 servings of fruits and veggies today!			TOTAL WEEKLY POINTS:
		3			2		2	2	
DAILY POINTS:		13	10	10	12	10	12	12	79