

Welcome to the SOBC Provincial Challenge Games June Calendar!

Continue earning points towards your Regional Team's total to help your team claim top spot in the province! Earn points by completing the daily activities listed in the calendar below, or by picking your own activities. Use the calendar to track your daily points!

To use this calendar: Print it and write in your points! OR download and save it, then fill in your points on computer! ([Click here for tips for using fillable PDFs](#)) **This table lists some ways you can earn your daily points:**














ACTIVITY		POINTS
1	Work out with SOBC Trainer Tuesday Facebook Live Sessions <ul style="list-style-type: none"> ✓ Each Facebook Live session will include a unique password provided by the leader of the sessions. ✓ Athletes must TYPE this secret word (provided by the trainer) into the YELLOW box on the calendar to earn their points! 	5 Points
2	Work out with SOBC Throwdown Thursday Facebook Live Sessions <ul style="list-style-type: none"> ✓ Each Facebook Live session will include a unique password provided by the leader of the sessions. ✓ Athletes must TYPE this secret word (provided by the trainer) into the YELLOW box on the calendar to earn their points! 	5 Points
3	Connect and learn with SOBC Healthy Athletes Sessions (to be offered on Zoom, by registration)	5 Points
4	SOBC training/practices with any programs in your Local (virtual or in-person)	5 Points
5	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
Need an activity idea? Get Moving: Outside / Inside / Dance / Seated Yoga and Mental Wellness Healthy Eating		

Every day, make sure you fill out the calendar below with your daily activities and points, based on the table above.














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

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

WEEK #5: May 29th – June 4th

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 Work out with this yoga session led by Heather from SO North Carolina. Yoga helps build flexibility, strength, and balance!</p>	 <p>WALK/RUN Go out for a 25-minute walk or run using the SOBC Scavenger Hunt Sheet 2.0 and see how many things you can spot!</p>	 <p>TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings.</p> <div style="background-color: yellow; height: 20px; width: 100%;"></div>	 <p>WORKOUT Complete this awesome at-home workout brought you by celebrity trainer Shannon Decker and Special Olympics!</p>	 <p>THROWDOWN THURSDAY Work out with us live or follow the recording! Check out the schedule and recordings.</p> <div style="background-color: yellow; height: 20px; width: 100%;"></div>	 <p>FOOD Eating healthy is a big part of being an athlete. Try one of these healthy recipes 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	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	
BONUS POINTS: (Complete these challenges to receive bonus points towards your weekly total!)		 <p>Bingo Bonus! Start completing this Wellness Bingo sheet to earn up to 10 bonus points at the end of the challenge!</p>	 <p>Drink 5 bottles of water today!</p>	 <p>Register for the Healthy Athletes Healthy Hearing Education Session. Wed. June 9 @ 6 p.m. PT</p>	 <p>Register for the Virtual Law Enforcement Torch Run for SOBC June 7 to 20!</p>	 <p>Head to the SOBC Facebook Page for a SuperLive chat @ 6:30 p.m. PT.</p>	 <p>Get 5 servings of fruits and veggies today!</p>	 <p>Submit a photo/video of you being active! SOBC will share to celebrate you!</p>	TOTAL WEEKLY POINTS:
		<u>2</u>	<u>2</u>	<u>3</u>	<u>3</u>	<u>2</u>	<u>2</u>		
DAILY POINTS:		<u>10</u>	<u>12</u>	<u>12</u>	<u>13</u>	<u>13</u>	<u>12</u>	<u>12</u>	

WEEK #6: June 5th – June 11th

DAILY ACTIVITY SUGGESTION		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>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!</p>		 TRAIN Complete this awesome at-home workout brought you by Alison at Special Olympics Ontario!	 STRETCH Follow along with one of these yoga videos by instructor Shelby Snodgrass for your workout of the day.	 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. 	 TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings . <div style="background-color: yellow; height: 20px; width: 100%; margin-top: 5px;"></div>	 HEALTHY ATHLETES Attend the SOBC Healthy Athletes Healthy Hearing Session on Zoom @ 6 p.m. PT. <i>*** Athletes must pre-register for this session! ***</i>	 THROWDOWN THURSDAY Work out with us live or follow the recording! Check out the schedule and recordings . <div style="background-color: yellow; height: 20px; width: 100%; margin-top: 5px;"></div>	 DANCE Complete this full body at-home cha-cha DANCE workout!
TRACKING (Use these boxes to input the type and duration of activity you do each day!)	TYPE							
	TIME (mins)							
	POINTS EARNED	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>
BONUS POINTS: (Complete these challenges to receive bonus points towards your weekly total!)	 Eat 5 servings of fruits and veggies today!	 Complete the Building a Routine Template . Get organized for the week ahead!	 Register for the Mental Wellness Monday Session coming on Mon. June 14 @ 6 p.m. PT	 Drink 5 bottles of water today!	<div style="background-color: #4a7c9c; color: white; padding: 2px 5px; font-weight: bold;">NEW</div> Try a new activity! Click here to find lists of ideas!	 Head out for an extra walk/run and earn bonus points and KMs towards the LETR! Log those KMs on Strava!	 LETR Photo -- Submit a photo/video of you with your LETR torch or bib!	TOTAL WEEKLY POINTS:
	<u>2</u>	<u>2</u>	<u>3</u>	<u>2</u>	<u>2</u>	<u>5</u>	<u>2</u>	
DAILY POINTS:	<u>12</u>	<u>12</u>	<u>13</u>	<u>12</u>	<u>12</u>	<u>15</u>	<u>12</u>	



WEEK #7: June 12th – June 18th

		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 any of the yoga and mindfulness videos found on this page for your workout of the day.	MENTAL WELLNESS MONDAY Join Kim Rutledge on Zoom @ 6:00pm PT to learn about Mental Health – Bring your completed MW workbook with you!	TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings .	WALK/RUN Go out for a 25-minute walk or run using the SOBC Scavenger Hunt Sheet 2 and see how many things you can spot!	THROWDOWN THURSDAY Work out with us live or follow the recording! Check out the schedule and recordings .	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	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	
BONUS POINTS: (Complete these challenges to receive bonus points towards your weekly total!)	 LETR Photo -- Submit a photo/video of you with your LETR torch or bib!	 Drink 5 bottles of water today!	 Complete the Challenge Games Athlete Health Access Survey for extra bonus points!	 Eat 5 servings of fruits and veggies today!	 Drink 5 bottles of water today!	 Head out for an extra walk/run and earn bonus points and KM's towards the LETR! Log those KM's on Strava!	 Bingo Bonus! Complete your Wellness Bingo to earn up to 10 BONUS POINTS!		TOTAL WEEKLY POINTS:
	<u>2</u>	<u>2</u>	<u>5</u>	<u>2</u>	<u>2</u>	<u>5</u>	<u>10</u>		
DAILY POINTS:	<u>12</u>	<u>12</u>	<u>15</u>	<u>12</u>	<u>12</u>	<u>15</u>	<u>20</u>	<u>98</u>	