

SOBC: Speedy September Wellness Challenge

Welcome to the SOBC Speedy September Challenge!

STEP #1: Register for the SOBC Speedy September Wellness Challenge.

[REGISTER HERE](#)

Check out these awesome photos of our past challenge participants!



STEP #2: In this step, you must set two 2 goals that you would like to accomplish, over the course of this 4-week SOBC Speedy September Wellness Challenge. Your goals can be about health, wellness, sports, school, personal goals, professional goals... anything you would like! You will be asked to fill out your goals upon registering!

Here are some examples to inspire you;

- ✓ I want to exercise for 20 minutes every weekday!
- ✓ Maybe you want to focus on practicing one of the Strong Minds techniques every day of the challenge.
- ✓ Perhaps you want to walk 2 kilometers per day, every day!
- ✓ Maybe you want to focus on nutrition and getting 5 servings of fruits and vegetables each day.
- ✓ Maybe you want to include more mindfulness and self care practices into your routine with life getting busier in the fall.
- ✓ Maybe you want to do yoga once a week every week of the challenge!

These are just a few ideas and examples of what goals could look like, your goals should be whatever YOU want to achieve, by the end of the month! Make sure your goal is specific (with a number in the goal), not just something like "I want to be healthier"... this is too general, and we will not be able to measure that we have achieved it. **We want a very specific goal!**

Submit photos or videos of your activities [here](#) so SOBC can share and celebrate you! If you have any questions please contact [Steph](#)!

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STEP #3: Read the Challenge Goals and Guidelines.

GOALS AND GUIDELINES

The SOBC Speedy September Wellness Challenge is a 4-week challenge taking place from September 6th and finishing on October 3rd. The goal for the SOBC Speedy September Wellness Challenge Calendar is to move our bodies, drink water, and get our servings of fruits and vegetables EVERY DAY for the duration of the challenge.

There are 3 categories in the Challenge:

1. **Activity:** Throughout the month, complete a healthy, active, or wellness activity **every day** for the entire month, check the box and input what activity you have done in the green activity row. You can complete ANY type of physical activity for a minimum of 20 minutes, to receive a point. Make sure to write in what you complete! You will receive 1 point for each day of activity you complete. 1 day per week can be a rest day – where you do not do any physical activity! With Return to Sport Plan, don't forget to include you SOBC sport programs!
2. **Nutrition:** Each day I am challenging you to eat FIVE servings of fruits and vegetables. You will receive 1 point for each day of getting 5 servings of fruits and vegetables you complete. Try to eat as many in season and locally sources fruits and vegetables this fall!
3. **Hydration:** Each day I am challenging you to drink FIVE 500ml glasses/bottles of water. Using this fillable template, check a box for every bottle/glass of water you have! You will receive 1 point for each day of getting 5 glasses of water you complete.
4. **Wellness Programs:** Look in the yellow boxes to find the schedule for all Health Education Series, virtual health programs, and other online health screenings that are being offered! Use the link and register for the event before hand, attend the virtual session and receive 1 point for each session attended!







In the previous calendars you may remember an extensive list of activities and recipes at the end of the document! We have moved the resources over to our online [Athlete Health Resource](#) page! Make sure to check out the online resource page as new activities are recipes are added each month. Don't forget to write into that calendar what you do each day! The really cool thing about this calendar is you can type right into the box of each day, to fill out what you did that day!

STEP #4: Complete the fillable PDF below over the next 4 weeks.

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WEEK #1: September 6th – 12th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Activity</p> <p>Check the small box if you were physically activity each day.</p>  <p>1 point / completed day</p>	<p>Step #1:</p> <p>REGISTER</p> <p>Click to register for the challenge. Don't forget to invite your friends and teammates!</p>						 <p>RECOVERY is important – consider taking a REST day today!</p>	
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have? The goal is 5!</p>  <p>1 point / completed day</p>				 <p>Try to eat one fruit or vegetable that is in season! Today try an apple!</p>				
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>			<p>HYDRATION HACK!</p>  <p>Start every morning off by drinking one glass of water!</p>					
<p>Wellness Programs</p> <p>Attend the scheduled virtual health program to receive a point!</p> <p>1 point / attended program</p>		<p>COOKING CLASS – Learn to make healthy Fajitas with UBC nutrition students at 5:30pm!</p> <p>Register here for the session.</p>						<p>Total Weekly Points:</p> <p>/22</p>

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WEEK #2: September 13th – 19th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Activity</p> <p>Check the small box if you were physically activity each day.</p>  <p>1 point / completed day</p>		 <p>RECOVERY is important – consider taking a REST day today!</p>						
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have? The goal is 5!</p>  <p>1 point / completed day</p>				 <p>Try to eat one fruit or vegetable that is in season! Today try corn!</p>				
<p>HYDRATION</p> <p>How many 500ml bottles/ glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>						<p>HYDRATION HACK!</p>  <p>Eat foods with high water content!</p>		
<p>Wellness Programs</p> <p>Attend the scheduled virtual health program to receive a point!</p>  <p>1 point / attended program</p>						<p>HEALTH EDUCATION SERIES – Skin Health with Hannah at 10am! Register here for the session.</p>		<p>Total Weekly Points:</p> <p>/ 22</p>

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WEEK #3: September 20 th – 26 th							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Activity</p> <p>Check the small box if you were physically activity each day.</p>  <p>1 point / completed day</p>						 <p>RECOVERY is important – consider taking a REST day today!</p>	
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have? The goal is 5!</p>  <p>1 point / completed day</p>				 <p>Try to eat one fruit or vegetable that is in season! Today try blueberries!</p>			
<p>HYDRATION</p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>		<p>HYDRATION HACK!</p>  <p>Drink from a straw! This helps you to drink more water in one sip!</p>					
<p>Wellness Programs</p> <p>Attend the scheduled virtual health program to receive a point!</p>  <p>1 point / attended program</p>	<p>Healthy Athlete Screening– Virtual Special Smiles at 6pm! Only 15 spots available – first come first serve! Register here.</p>					<p>HEALTH EDUCATION SERIES – Injury Prevention with Kevin at 10am! Register here for the session.</p>	<p>Total Weekly Points:</p> <p>/23</p>

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WEEK #4: September 27th – October 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p>Activity</p> <p>Check the small box if you were physically activity each day.</p>  <p>1 point / completed day</p>				 <p>RECOVERY is important – consider taking a REST day today!</p>				
<p>NUTRITION</p> <p>How many servings of fruits and vegetables did you have? The goal is 5!</p>  <p>1 point / completed day</p>				 <p>Try to eat one fruit or vegetable that is in season! Today try broccoli!</p>				
<p>HYDRATION</p> <p>How many 500ml bottles/ glasses of water did you have today? The goal is 5!</p>  <p>1 point / completed day</p>					<p>HYDRATION HACK!</p>  <p>Make your water bottles FUN! Add stickers or pick one you LOVE.</p>			
<p>Wellness Programs</p> <p>Attend the scheduled virtual health program to receive a point!</p>  <p>1 point / attended program</p>			<p>HEALTH EDUCATION SERIES – Mental Health with Kim at 5pm! Only 15 spots available – first come first serve! Register here.</p>					<p>Total Weekly Points:</p> <p>/22</p>