

## Welcome to your Special Olympics BC Provincial Games Challenge JUNE Calendar!

Continue earning point towards your Regional Team's total to help your team claim top spot in the province!

Use this JUNE 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	<b>SOBC training/practices with any programs in your Local</b> (virtual or in-person)	5 pts
2	<b>Any type of physical activity, for at least 25 minutes ...</b> ✓ Walking, running, rolling ✓ Dancing, swimming ✓ Biking, hiking ✓ Yoga, soccer, frisbee, ✓ Mowing the lawn, gardening, etc!	25 min = 5 pts 50 mins = 10 pts
3	<b>SOBC Super Circuit (Found in your SOBC Challenge Games Package)</b> ✓ Follow along with the workout provided in your package	5 pts
4	<b>SOBC Stretching Handouts #1 and #2</b> (Found in your SOBC Challenge Games Package) ✓ This is a great option on a day where you need a lighter, easier workout	5 pts
5	<b>Healthy Recipes – try a new recipe today!</b> ✓ Find some recipe ideas in your SOBC Challenge Games Package	5 pts
7	Go out for a walk using the <b>SOBC Walking Scavenger Hunt Sheet</b> in your package! See how many things you can spot! (Walk for 25 minutes or more)	5 pts
8	Use the <b>Fit 5 Workout Template</b> and build your own circuit!	5 pts
6	<b>Any type of workout lasting a minimum of 25 minutes</b> ✓ 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 #5: May 28<sup>th</sup> – June 4<sup>th</sup>

DAILY ACTIVITY SUGGESTION		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
		 <p><b>ACTIVE</b> Complete ANY type of physical activity, for at least 25 minutes, e.g.  <ul style="list-style-type: none"> <li>✓ Walking</li> <li>✓ Running</li> <li>✓ Dancing</li> <li>✓ Sports</li> <li>✓ Biking, etc.</li> </ul> </p>	 <p><b>STRETCH</b> Follow along with the <b>SOBC Stretching Handouts #1 &amp; #2</b> for your workout of the day.</p>	 <p><b>WORKOUT</b> Complete the <b>SOBC Super Circuit 2.0</b> workout provided in your package for an at-home bodyweight workout!</p>	 <p><b>WALK/RUN</b> Go out for a 25-minute walk or run using the <b>Scavenger Hunt 2.0 Sheet</b> and see how many things you can spot!</p>	 <p><b>TRAIN</b> Use the <b>Fit 5 Workout Template</b> and build your own at-home bodyweight circuit!</p>	 <p><b>DANCE</b> Dance to some music for 25 minutes! Grab your water and your favourite tunes, set a timer for 25 minutes, and boogie!</p>	 <p><b>FOOD</b> 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>	
<b>TRACKING</b> (Use these boxes to input the type and duration of activity you do each day!)	<b>TYPE</b>								
	<b>TIME (mins)</b>								
	<b>POINTS EARNED</b>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	
<b>BONUS POINTS:</b> (Complete these challenges to receive bonus points towards your weekly total!)		 <p><b>Bingo Bonus!</b> Start completing the bingo sheet found in your package to earn up to <b>10 BONUS points</b> at the end of the challenge!</p>	 <p>Complete the "Building a Routine" sheet! Get organized for the week ahead!</p>	 <p>Drink 5 bottles of water today!</p>	 <p>Let your Training Leader know if you are interested in participating in the SOBC LETR!</p>	 <p>Submit a photo/video of you being active!</p>	 <p>Get 5 servings of fruits and veggies today!</p>	 <p>Drink 5 bottles of water today!</p>	<b>TOTAL WEEKLY POINTS:</b>
		<u>3</u>	<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>	
<b>DAILY POINTS:</b>		<u>10</u>	<u>13</u>	<u>12</u>	<u>12</u>	<u>12</u>	<u>12</u>	<u>12</u>	

WEEK #6: June 5 <sup>th</sup> – June 11 <sup>th</sup>									
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!</p> <p>Use the tracking box below to fill in what you decide to do each day!</p>		 <b>ACTIVE</b> Complete ANY type of physical activity, for at least 25 minutes, e.g. ✓ Walking ✓ Running ✓ Dancing ✓ Sports ✓ Biking, etc.	 <b>STRETCH</b> Follow along with the <b>SOBC Stretching Handouts #1 &amp; #2</b> for your workout of the day.	 <b>TRAIN</b> Use the <b>Active Athlete Alphabet</b> to create your own at-home workout! Pick a word of the day and follow the instructions in the document!	 <b>WALK/RUN</b> Go out for a 25-minute walk or run using the <b>Scavenger Hunt 2.0 Sheet</b> and see how many things you can spot!	 <b>WORKOUT</b> Complete the <b>SOBC Super Circuit 2.0</b> workout provided in your package for an at-home bodyweight workout!	 <b>DANCE</b> Dance to some music for 25 minutes! Grab your water and your favourite tunes, set a timer for 25 minutes, and boogie!	 <b>FOOD</b> 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	<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!)	 Drink 5 bottles of water today!	 Complete the <b>“Building a Routine”</b> sheet! Get organized for the week ahead!	 Get 5 servings of fruits and veggies today!	 Drink 5 bottles of water today!	 Mail in your completed <b>Athlete Health Survey</b> , found in your Offline Package!	 Submit a photo/video of you with your LETR torch or bib!	 Head out for an <b>extra</b> walk/run this week and earn bonus points and KM's towards the LETR!	TOTAL WEEKLY POINTS:	
		<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>	<u>5</u>	<u>2</u>		<u>5</u>
DAILY POINTS:		<u>12</u>	<u>12</u>	<u>12</u>	<u>12</u>	<u>15</u>	<u>12</u>	<u>15</u>	<u>90</u>

**WEEK #7: June 12<sup>th</sup> – June 18<sup>st</sup>**

DAILY ACTIVITY SUGGESTION		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		 <p><b>ACTIVE</b> Complete ANY type of physical activity, for at least 25 minutes, e.g.</p> <ul style="list-style-type: none"> <li>✓ Walking</li> <li>✓ Running</li> <li>✓ Dancing</li> <li>✓ Sports</li> <li>✓ Biking, etc.</li> </ul>	 <p><b>TRAIN</b> Use the <b>Active Athlete Alphabet</b> to create your own at-home workout! Pick a word of the day and follow the instructions in the document!</p>	 <p><b>STRETCH</b> Follow along with the <b>SOBC Stretching Handouts #1 &amp; #2</b> for your workout of the day.</p>	 <p><b>WALK/RUN</b> Go out for a 25-minute walk or run using the <b>Scavenger Hunt 2.0 Sheet</b> and see how many things you can spot!</p>	 <p><b>TRAIN</b> Use the <b>Fit 5 Workout Template</b> and build your own at-home bodyweight circuit!</p>	 <p><b>FOOD</b> 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>	 <p><b>DANCE</b> Dance to some music for 25 minutes! Grab your water and your favourite tunes, set a timer for 25 minutes, and boogie!</p>
<b>TRACKING</b> (Use these boxes to input the type and duration of activity you do each day!)	<b>TYPE</b>							
	<b>TIME (mins)</b>							
	<b>POINTS EARNED</b>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>	<u>10</u>
<b>BONUS POINTS:</b> (Complete these challenges to receive bonus points towards your weekly total!)	 <p>Drink 5 bottles of water today!</p>	 <p>Head out for an <b>extra</b> walk/run this week and earn bonus points and KM's towards the LETR!</p>	 <p>Try a new activity today – this can be anything active!</p>	 <p>Get 5 servings of fruits and veggies today!</p>	 <p>Drink 5 bottles of water today!</p>	 <p>Submit a photo/video of you being active!</p>	 <p><b>Bingo Bonus!</b> Complete the PCG Bingo Sheet to earn up to 10 BONUS POINTS!</p>	<b>TOTAL WEEKLY POINTS:</b>
	<u>2</u>	<u>5</u>	<u>3</u>	<u>2</u>	<u>2</u>	<u>2</u>	<u>10</u>	
<b>DAILY POINTS:</b>	<u>12</u>	<u>15</u>	<u>13</u>	<u>12</u>	<u>12</u>	<u>12</u>	<u>20</u>	<u>96</u>