

# SOBC Sizzlin' Summer Challenge 2023

Welcome to the 2023 #SOBCSizzlinSummer Challenge!

STEP #1: Register for the SOBC Sizzlin' Summer Challenge!

[REGISTER HERE](#)

Check out these awesome photos of 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 9-week SOBC 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 kilometres 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 do yoga once a week every week of the challenge!
- ✓ I want to walk a new trail once a week with a friend!

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!**

## STEP #3: Read the challenge goals and guidelines.

### GOALS AND GUIDELINES

The SOBC Sizzlin' Summer Wellness Challenge is a 9-week challenge taking place from July 3<sup>rd</sup> until September 3<sup>rd</sup>. The goal for the SOBC Sizzlin' Summer 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. **Wellness:** 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 wellness row. I have included a list of activities below to help you! However, 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 wellness you complete. 1 day per week can be a rest day – where you do not do any physical activity!  
**Click here for a list of wellness activity ideas:** [Activity Ideas](#)
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.  
**Click here for a list of healthy recipes:** [Healthy Recipes](#)
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.

At the very end of this PDF, you will find a list of wellness activity ideas that can be used towards the **green wellness category**. This includes a variety of things like at-home workouts, walks, bike rides, healthy and fun recipes, yoga, mental health tools, and SO much more! You can use this list for ideas, or you can come up with your very own thing. Make sure 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!

We will be awarding THREE (3) SOBC Wellness Prize Packs to three (3) challenge participants!

1. One (1) will go to the top completer with the most points.
2. The other 2 winners will be done by draw. We will be drawing from all the submitted calendars. No matter how many points you got, if you completed any of the calendar and submitted it to Bailey, you will be entered for the draw!

**STEP #4:** Complete the fillable PDF below.

**STEP #5:** Once the SOBC Sizzlin' Summer Challenge has completed (September 3<sup>rd</sup>), *submit your **completed** challenge calendar to Sport Coordinator Bailey Macklem ([bmacklem@specialolympics.bc.ca](mailto:bmacklem@specialolympics.bc.ca) // 604-737-3081) to be entered to win an SOBC Wellness Prize Pack!*



## WEEK #1: July 3<sup>rd</sup> – July 9<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point per completed day</p>	 <p>Invite another athlete to join the wellness program and complete today's activity together!</p>		 <p>Try this <a href="#">soccer workout</a> with Olympian Emily Zurrer</p>		 <p><b>RECOVERY</b> is important – consider taking a REST day today!</p>			
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point per completed day</p>				 <p>Have at least 1 serving of fruit and 1 serving of vegetables with <b>dinner</b> tonight!</p>			<p>Eat 2 <b>yellow</b> fruits and/or vegetables today</p> 	
<p><b>HYDRATION</b></p> <p>How many 500ml bottles/glasses of water did you have today? The goal is 5!</p>  <p>1 point per completed day</p>		<p><b>HYDRATION HACK!</b></p>  <p>Start every morning off by drinking one glass of water – before coffee, tea, or juice!</p>				<p><b>HYDRATION HACK!</b></p>  <p>Drink from a straw! You swallow more when you drink from a straw compared to when you sip directly from the bottle.</p>		<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>



## WEEK #2: July 10<sup>th</sup> – July 16<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>		 <p>Spell 'Sizzlin Summer' using the <a href="#">Active Athlete Alphabet</a></p>		 <p><b>RECOVERY</b> is important – consider taking a REST day today!</p>		<p><b>CLICK A PIC!</b> </p> <p><a href="#">Submit a photo/video</a> of you and a friend exercising to receive a bonus point for the giveaway.</p>		
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>			 <p>Have at least 1 serving of fruit and 1 serving of vegetables with <b>breakfast</b> today!</p>		 <p>Model tonight's dinner plate after <a href="#">Canada's Food Guide</a></p>			
<p><b>HYDRATION</b></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><b>HYDRATION HACK!</b> </p> <p>Eat foods with high water content! Cucumbers, tomatoes, grapes all contain a large percentage of water!</p>						<p><b>HYDRATION HACK!</b> </p> <p>Choose water as your beverage of choice with dinner tonight!</p>	<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>

# SOBC Sizzlin' Summer Challenge 2023

## WEEK #3: July 17<sup>th</sup> – July 23<sup>rd</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>	<p><b>CLICK A PIC!</b> </p> <p><a href="#">Submit a photo/video</a> of you practicing some flexibility exercises and receive a bonus point for the giveaway!</p>			<p></p> <p>Try this 20 min <a href="#">At-home yoga for beginners'</a> session today</p>		<p></p> <p><b>RECOVERY</b> is important – consider taking a REST day today!</p>		
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>			<p></p> <p>Try the <a href="#">No Bake Coconut Energy Balls</a> from <a href="#">Sobeys Nutrition Corner</a></p>				<p></p> <p>Have at least 1 serving of fruit and 1 serving of vegetables with <b>lunch</b> today!</p>	
<p><b>HYDRATION</b></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><b>HYDRATION HACK!</b> </p> <p>Drink from a straw! You're more likely to swallow more at a time when you drink from a straw compared to when you sip directly from the bottle.</p>			<p><b>HYDRATION HACK!</b> </p> <p>Exercise naturally makes you thirsty, it's a great time to drink more water! Always have water with you when exercising!</p>			<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>



## WEEK #4: July 24<sup>th</sup> – July 30<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>		 <p>Complete SOBC – Abbotsford track coach Tom Norton's <a href="#">Dryland Training</a></p>			 <p><b>RECOVERY</b> is important – consider taking a REST day today!</p>		  <p>Complete this <a href="#">Mental Training Worksheet</a> to help strengthen your mind</p>	
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>				<p><b>CLICK A PIC!</b> </p> <p><a href="#">Submit a photo/video</a> of you following trying a <a href="#">Sobeys Nutrition Corner</a> recipe and receive a bonus point for the giveaway!</p>		 <p>Have at least 1 serving of fruit and 1 serving of vegetables as a <b>snack</b> today!</p>		
<p><b>HYDRATION</b></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><b>HYDRATION HACK!</b> </p> <p>Choose water as your drink of choice with each meal. This automatically counts for 3 glasses!</p>			<p><b>HYDRATION HACK!</b> </p> <p>Make your water bottles FUN! Add stickers or pick one you LOVE. This makes you more likely to bring it wherever you go!</p>			<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>



## WEEK #5: July 31<sup>st</sup> – August 6<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>	 <p>Go for a hike or a bike ride and explore your community!</p>			 <p>Practice some <a href="#">Basic Sport Skills</a> for a sport you've always wanted to try</p>			 <p><b>RECOVERY</b> is important – consider taking a REST day today!</p>	
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>		 <p>Have at least 1 serving of fruit and 1 serving of vegetables with <b>dinner</b> tonight!</p>				 <p>Try an <a href="#">egg breakfast wrap</a> for breakfast this morning.</p>		
<p><b>HYDRATION</b></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><b>HYDRATION HACK!</b></p>  <p>Start every morning off by drinking one glass of water – before coffee, tea, or juice!</p>				<p><b>HYDRATION HACK!</b></p>  <p>If you have trouble remembering to drink water, try setting reminders.</p>	<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>



## WEEK #6: August 7<sup>th</sup> – August 13<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>		 <p>Complete this full-body at-home <a href="#">dance workout</a> and feel free to add your own tunes!</p>		 <p><b>RECOVERY</b> is important – consider taking a REST day today!</p>			 <p>Try this <a href="#">25-min at-home chair workout</a></p>	
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>	 <p>Have at least 1 serving of fruit and 1 serving of vegetables with <b>breakfast</b> today!</p>				<p><b>CLICK A PIC!</b> </p> <p><a href="#">Submit a photo/video</a> of you creating a meal or getting your servings of fruit and veg and receive a bonus point for the giveaway!</p>			
<p><b>HYDRATION</b></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><b>HYDRATION HACK!</b> </p> <p>Remember to have at least 1 extra bottle of water during and after exercise.</p>			<p><b>HYDRATION HACK!</b> </p> <p>Eat foods with high water content! Cucumbers, tomatoes, grapes all contain a large percentage of water!</p>		<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>



## WEEK #7: August 14<sup>th</sup> – August 20<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>	<p>Notice:</p> <p>5 things you can see</p> <p>4 things you can feel</p> <p>3 things you can hear</p> <p>2 things you can smell</p> <p>1 thing you can taste</p>		 <p>Go for a 20-minute walk somewhere you love or somewhere you've always wanted to go!</p>			 <p><b>RECOVERY</b> is important – consider taking a REST day today!</p>		
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>				<p><b>CLICK A PIC!</b> </p> <p><a href="#">Submit a photo/video</a> of you following trying a <a href="#">Sobeys Nutrition Corner</a> recipe or getting your servings of fruit and veg and receive a bonus point for the giveaway!</p>			 <p>Have at least 1 serving of fruit and 1 serving of vegetables with <b>lunch</b> today!</p>	
<p><b>HYDRATION</b></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><b>HYDRATION HACK!</b> </p> <p>Drink from a straw! You're more likely to swallow more at a time when you drink from a straw compared to when you sip directly from the bottle.</p>			<p><b>HYDRATION HACK!</b> </p> <p>Add some fun to your drink! Try infusing your water with berries, mint, or citrus fruits.</p>			<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>



## WEEK #8: August 21<sup>st</sup> – August 27<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>		 <p>Spend 20 minutes exercising outside with a friend or family member!</p>		 <p><b>RECOVERY</b> is important – consider taking a <b>REST</b> day today!</p>			 <p>Complete these <a href="#">bedtime stretches</a> for an <a href="#">amazing night's sleep</a> so you're well rested for Monday!</p>	
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>			 <p>Make your own <a href="#">Homemade Fruit Popsicles</a> to keep you cool</p>			 <p>Have at least 1 serving of fruit and 1 serving of vegetables as a <b>snack</b> today!</p>		
<p><b>HYDRATION</b></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><b>HYDRATION HACK!</b></p>  <p>Choose water as your drink of choice with each meal. This automatically counts for 3 glasses!</p>			<p><b>HYDRATION HACK!</b></p>  <p>Add drinking a glass of water before going to sleep to your nighttime routine.</p>			<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>



## WEEK #9: August 28<sup>th</sup> – September 3<sup>rd</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<p><b>WELLNESS</b></p> <p>Check the small box if you completed a wellness activity each day. Use the big box to fill in what activity you did. (See list below for some inspiration!)</p>  <p>1 point / completed day</p>	 <p>Complete this full-body at-home <a href="#">cha cha dance workout</a> tonight!</p>			 <p>Go for a walk and see how many items on the <a href="#">SOBC Scavenger Hunt Sheet</a> you can spot!</p>			 <p><b>RECOVERY</b> is important – consider taking a REST day today!</p>	
<p><b>NUTRITION</b></p> <p>How many servings of fruits and vegetables did you have today? The goal is 5!</p>  <p>1 point / completed day</p>		 <p>Have at least 1 serving of fruit and 1 serving of vegetables with <b>dinner</b> tonight!</p>				 <p>Try a new fruit you've never had this week!</p>		
<p><b>HYDRATION</b></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><b>HYDRATION HACK!</b></p>  <p>Start every morning off by drinking one glass of water – before coffee, tea, or juice!</p>				<p><b>HYDRATION HACK!</b></p>  <p>Drink from a straw! You swallow more when you drink from a straw compared to when you sip directly from the bottle.</p>	<p><b>Total Weekly Points:</b></p> <p>(1 point for each checked box)</p>