

Welcome to the SOBC Provincial Challenge Games May Calendar!

Help your Regional team claim top spot in the province! Earn points by completing the daily activities listed in the calendar below, or you can pick your own activities. Use the calendar to track your daily points! **Remember to register first!** Athletes must register with their Local to participate in the SOBC Provincial Challenge Games.

To use this calendar: Print it and write in your points! OR download and save it, then fill in your points on computer/device! ([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 #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 Work out with this at-home yoga video for beginners. 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 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 the SOI School of Strength at-home training video with WWE superstar Becky Lynch for today's workout!</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	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 style="text-align: center;">2</p>				 <p>Head to the SOBC Facebook Page for a SuperLive chat @ 6:30 p.m. PT</p> <p style="text-align: center;">3</p>	 <p>Submit a photo/video of you being active!</p> <p style="text-align: center;">2</p>	TOTAL WEEKLY POINTS:	
DAILY POINTS:		12	10	10	10	13	10		12

WEEK #2: May 8th – May 14th

DAILY ACTIVITY SUGGESTION		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
		 <p>TRAIN Complete this awesome at-home workout circuit brought you by Celebrity Trainer Shannon Decker and Special Olympics!</p>	 <p>STRETCH Follow along with this chair yoga video for your workout of the day. Yoga helps build flexibility, strength, and balance!</p>	 <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>TRAINER TUESDAY Work out with us live or follow the recording! Check out the schedule and recordings.</p> <div style="border: 1px solid black; height: 20px; width: 100%; background-color: yellow;"></div>	 <p>WORKOUT Complete this SOI School of Strength at-home training video with WWE superstar Becky Lynch!</p>	 <p>THROWDOWN THURSDAY Work out with us live or follow the recording! Check out the schedule and recordings.</p> <div style="border: 1px solid black; height: 20px; width: 100%; background-color: yellow;"></div>	 <p>DANCE Complete this full body at-home cha-cha DANCE workout!</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>Watch this video about healthy eating created by SOBC athletes Zack and Jesse T!</p> <div style="text-align: center;">2</div>		 <p>Register for the Healthy Athletes Health Promotion Education Session. (May 24 @ 6 p.m. PT)</p> <div style="text-align: center;">2</div>		 <p>Complete the My Mental Wellness Workbook!</p> <div style="text-align: center;">3</div>		 <p>Submit a photo/video of you being active!</p> <div style="text-align: center;">2</div>	TOTAL WEEKLY POINTS:	
DAILY POINTS:	12	10	12	10	13	10	12		79

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.	 STRETCH Follow along with this yoga and mindfulness video for your workout of the day. Yoga helps build flexibility, strength, and balance!	 WALK/RUN Go out for a 25-minute walk or run using the SOBC Scavenger Hunt Sheet and see how many things you can spot!	 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%;"></div>	 WORKOUT Join Sarah from motionball Vancouver for a great at-home bodyweight workout!	 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%;"></div>	 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!)	 Try a new activity! Click here to find lists of ideas!		 Complete the Building a Routine Template	 Drink 5 bottles of water today!			 Submit a photo/video of you being active!	TOTAL WEEKLY POINTS:	
	2		3	2			2		
DAILY POINTS:	12	10	13	12	10	10	12	79	

WEEK #4: May 22nd – May 28th

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 endurance workout with Coach Shannon from Anytime Fitness!	 STRETCH Follow along with this at-home yoga video for your workout of the day. Yoga helps build flexibility, strength, and balance!	 ACTIVE Attend the SOBC Healthy Athletes Health Promotion Session on Zoom @ 6 p.m. PT. Athletes must pre-register for this session!	 TRAINER TUESDAY Work out with us live or follow the recordings! Check out the schedule and recordings . <div style="border: 1px solid black; height: 20px; width: 100%; margin-top: 5px;"></div>	 WORKOUT Complete this super-cool Jenga workout with Anytime Fitness and Special Olympics!	 THROWDOWN THURSDAY Work out with us live or follow the recordings! Check out the schedule and recordings . <div style="border: 1px solid black; height: 20px; width: 100%; margin-top: 5px;"></div>	 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!	
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!)			 Read the Strong Minds Sleeping Tips and get 8 hours of sleep! <div style="text-align: center;">3</div>	 Get 5 servings of fruits and vegetables today! <div style="text-align: center;">2</div>		 Check out the SO! Fit 5 Guide . Learn about nutrition, hydration, and physical activity! <div style="text-align: center;">2</div>	 Submit a photo/video of you being active! <div style="text-align: center;">2</div>	TOTAL WEEKLY POINTS: <div style="font-size: 2em; font-weight: bold;">79</div>	
DAILY POINTS:		10	13	12	10	12	10		12