

PLAY IT FORWARD

Your challenge this October is to be active for at least 60 minutes every day

Choose your way to **PLAY IT FORWARD**: a game, sport, activity, or adventure that gets your heart pumping. Remember to track your progress on your **CHALLENGE CHART WITH THE STICKERS**.

Choose a **GOAL** that keep you moving! For the challenge, a goal could be: Riding your bike twice each week or walking to school 3 times each week. Anything that keeps you on track to be active every day.

WRITE YOUR ACTIVITY GOAL HERE

THE CHALLENGE CHART

Did you try your **BEST** to get 60 minutes of activity today?
Use your stickers to keep track!

Write your daily activity here!

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25



Did you know?

Doctors of BC and Tree Canada are planting 2,500 trees thanks to kids like you?!

Visit be-active.ca and see if you can find the **TREE** icon on the map!

What does 5210 mean?

Use these numbers to help you remember your daily goals

- 5 Fruits and veggies
- 2 hours or LESS of passive screen time
- 1 hour of activity
- 0 sugar sweetened beverages

PLAY TOGETHER STAY APART

We want you to play, be active, **AND** be safe! Play **TOGETHER** with your family and close friends. Stay **APART** from kids outside your bubble – but keep playing! Talk with your family and teachers to make sure you play safely.

Did you know?

Doctors are here to help you **IF** you get sick or hurt, but they also help **PREVENT** you from getting sick and hurt too!

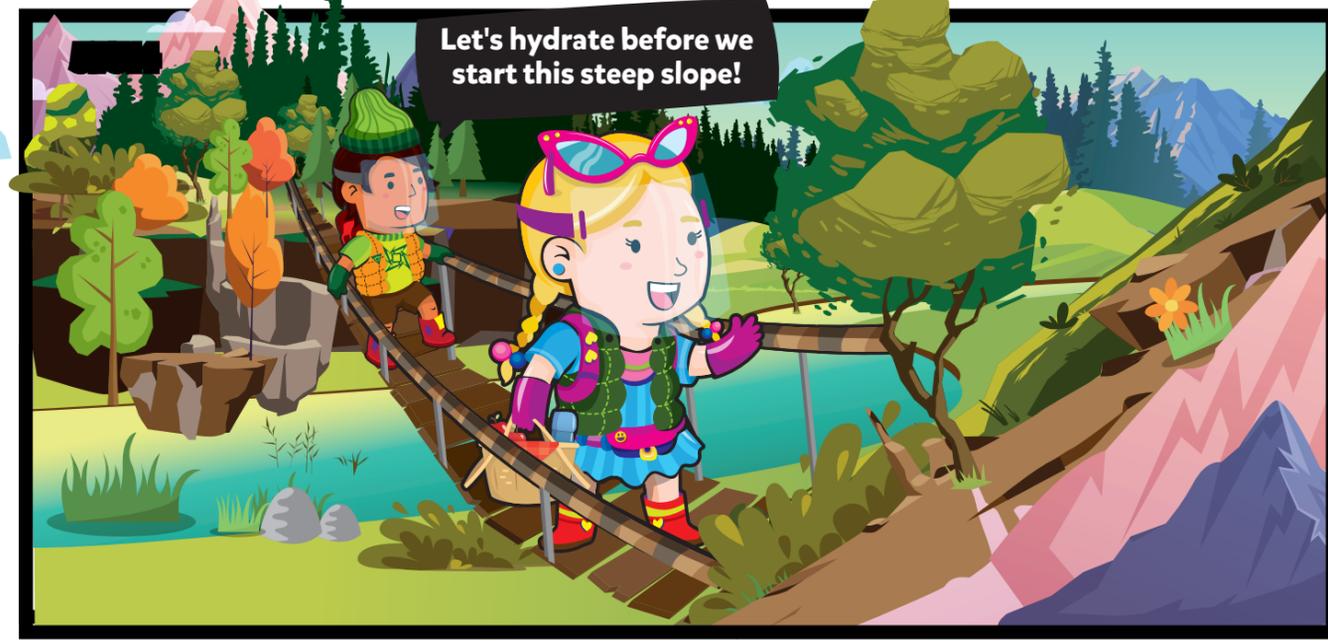
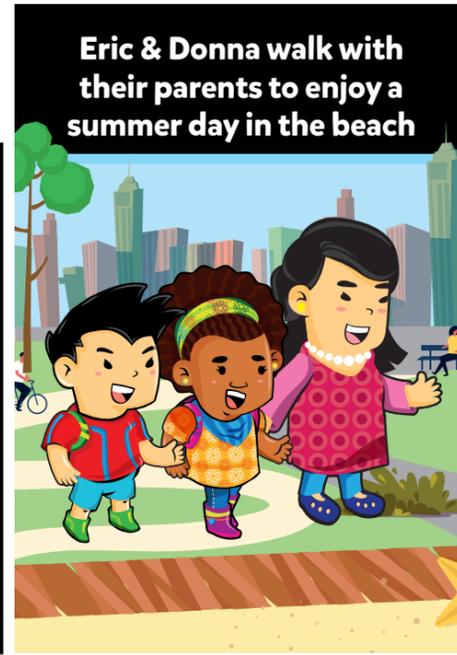
They call this **PREVENTATIVE MEDICINE**. Being active and having a healthy lifestyle can **PROTECT** us from getting sick!



Being active isn't only good for your body. When you use your body's energy by moving it's easier to sleep at night – so get moving and get your wiggles out!

	What ACTIVITY did you do?	Did you get 60 minutes of activity?
Day 1.	_____	_____
Day 2.	_____	_____
Day 3.	_____	_____
Day 4.	_____	_____
Day 5.	_____	_____
Day 6.	_____	_____
Day 7.	_____	_____
Day 8.	_____	_____
Day 9.	_____	_____
Day 10.	_____	_____
Day 11.	_____	_____
Day 12.	_____	_____
Day 13.	_____	_____
Day 14.	_____	_____
Day 15.	_____	_____
Day 16.	_____	_____
Day 17.	_____	_____
Day 18.	_____	_____
Day 19.	_____	_____
Day 20.	_____	_____
Day 21.	_____	_____
Day 22.	_____	_____
Day 23.	_____	_____
Day 24.	_____	_____
Day 25.	_____	_____

BE ACTIVE BOARD GAME



GAME RULES

BAED game is for 2-4 players

1. All the pieces are placed at home and the youngest player starts the game.
2. Each player takes turns to roll the dice to advance. If a player rolls a zero, they roll again.
3. If the player rolls and advances to an occupied circle, then he/she can move back by two circles or boost the friend by two, even if the circle is occupied.
4. The player to cross all 76 circles through the challenges on the busy city road, the dense forest and the purple mountain wins the game.

THE FILL-UP FOUNTAIN

Thirst free zone lets you fill the bottle and grants you another turn.

STEALER BEAVER

The beaver stole all the fruits! Go back to the farm.

STEEP SLOPE

The steepest part of the mountain needs a lot of time and energy to conquer. Miss three turns. This steep circle can hold more than a player.

STUCK IN A CANOE

HELP! I am stuck! Wait for a friend to go past you, until then you are stuck. If no players are behind, then you can advance.

DOWN UP

Ha! Troll Ladder lets you climb up but pulls you down as well.

THE FARM

The local farmers grant you another turn for eating their fresh fruits and vegetables.

CAKE & CANDY STORE

All the sugar distracted you. Miss a turn.

LOST IN THE WOODS

I am lost!! Which way do I go? Move back the dice roll on your next two turns.

SCOOT SCOOT

Quick! The bald Eagle helps you advance 5 circles.

x2 DOUBLE-UP

The coolest docs in town doubles up your dice roll.

STEALER BEAVER

The beaver stole the water! Go back to the Fill-up Fountain.

SUN BURN

What a day to forget your sunscreen! Go back home to recover and apply cold water to the burned area.

BIG BEAR HUG

The Big Bear Hug is so awesome that he lets you play another turn.

TELEPORT DOOR

The magic of teleportation! Roll the dice and teleport to the corresponding door. If zero, roll again.