

FROM JULY 13 TO 17, 2020



GET MOVING GOAL
Be active at least 60 minutes every day



FRUITS AND VEGETABLES GOAL
Eat more fruits and vegetables every day



ZEN GOAL
Take a moment to relax every day

GROUP SLOGAN:

COUNSELLOR'S PERSONAL CHALLENGE:

	CHALLENGES		ACTIVITIES CARRIED OUT
ANTS IN YOUR PANTS!	<p>SUGGEST ACTIVITIES TO GET MOVING</p>	<input type="radio"/> Monday <input type="radio"/> Tuesday <input type="radio"/> Wednesday <input type="radio"/> Thursday <input type="radio"/> Friday	
GOURMET EXPLORERS	<p>ORGANIZE ACTIVITIES TO DISCOVER NEW FRUITS OR VEGETABLES</p>	<input type="radio"/> Monday <input type="radio"/> Tuesday <input type="radio"/> Wednesday <input type="radio"/> Thursday <input type="radio"/> Friday	
LET'S PLAY OUTSIDE!	<p>PLAN ACTIVITIES TO BE ACTIVE OUTSIDE ALL DAY</p>	<input type="radio"/> Monday <input type="radio"/> Tuesday <input type="radio"/> Wednesday <input type="radio"/> Thursday <input type="radio"/> Friday	
MEALTIME FUNTIME	<p>CARRY OUT ACTIVITIES RELATED TO MEALTIMES</p>	<input type="radio"/> Monday <input type="radio"/> Tuesday <input type="radio"/> Wednesday <input type="radio"/> Thursday <input type="radio"/> Friday	
LET'S RELAX!	<p>DO A ZEN ACTIVITY</p>	<input type="radio"/> Monday <input type="radio"/> Tuesday <input type="radio"/> Wednesday <input type="radio"/> Thursday <input type="radio"/> Friday	

TAKE UP THE CHALLENGE IN 5 STEPS WITH YOUR GROUP

1 Personalize the *Challenge's* activity sheet when you make your schedule.

2 Choose your slogan with your group and add it to the poster.

Slogan examples:

- At Camp Amy Molson, we eat wholesome!
- At Altitude Gym, activity is the name of the game!
- At Global Family Center, energize and enter!!

3 Choose your counsellor's challenge and add it to the poster. Your campers will be excited to see you take up the challenge too!

Examples of a counsellor's challenge:

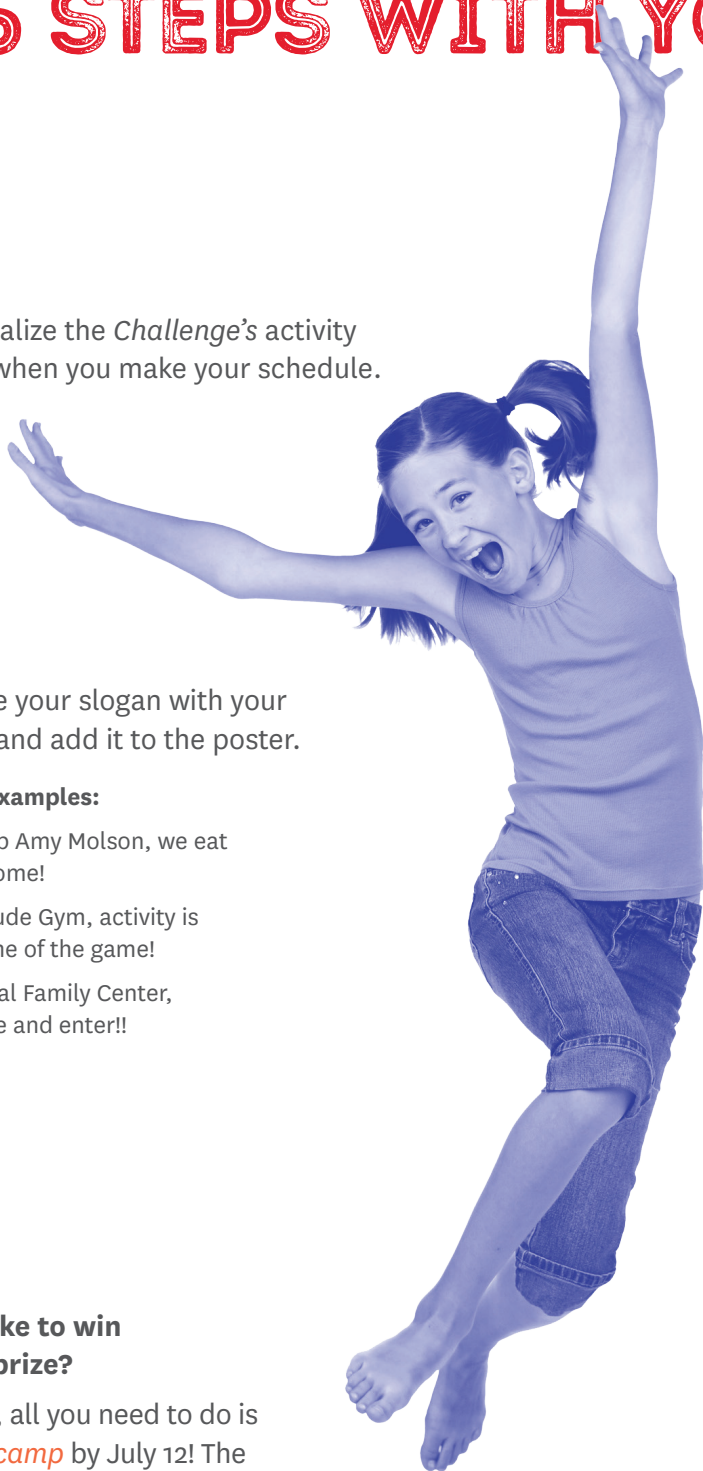
- Pack a fruit or vegetable in your lunch.
- Participate in every activity with your campers.

4 Plan and write down the activities that will be carried out during the week (*see the suggestions on the Shape Up website*).

5 Have fun taking up the *Health Challenge in my summer camp*, with your group from **July 13 to 17, 2020!** You can check off the days on which you and your group meet the challenge.

Would you like to win an amazing prize?

To be eligible, all you need to do is *register your camp* by July 12! The registration form and the rules are available at www.tremplinsante.ca/en



Special collaboration
Association québécoise
de la garde scolaire

