

go! for 10 Challenge Sheet



Select the activities you want to accomplish and then work towards completing them at you own convenience.

Keep track of your points throughout the week and submit it to your team captain at the end of the week.

Please note: Each activity you do can only score points once. For example if you biked to work you would need to decide if you would score the point for “leave the car at home” or “ride a bike”.

Activity	Explanation	Points Available	Point Total
Adult (18+) Physical Activity	Adults (18+ years of age) – Work towards getting 150 minutes of physical activity per week. Collect 1 point for every 30 minutes to a maximum of 3 points.	1-3 points	
Children/Youth (5 to 17) Physical Activity	Children/Youth (5 to 17 years of age) – Work towards getting 60 minutes per day. Collect 1 point for every 120 minutes to a maximum of 3 points.	1-3 points	
Try Something New	Try out a recreation/sport program offered through one of our community partners. Check out a list of programs online; https://www.gopei.ca/programs/	2 points	
Try a New Food	Select a fruit or vegetable that you have never tried or haven’t had in a while and add it to one of your meals.	1 point	
Lots of Colour	Make sure that your plate is filled with three different coloured fruits or vegetables at supper this week. Maybe green, red and orange for example.	1 point	
Change a Snack	Change a less desirable snack into a healthier one. Example: trade chips for carrot sticks or pop for water.	1 point	
Get a Good Start	Have a breakfast that includes 3 or 4 groups as per Canada’s Food Guide. Milk & alternatives, vegetables/fruits, grains, meats and alternatives.	1 point	
Leave the Car at Home	If you usually take the car to go somewhere, leave it at home and use body power to get there (walk, bike, etc)	1 point	
Love Nature	Find an outdoor nature trail and go exploring. Enjoy the fresh air and the sounds of nature. Collect 1 extra point for doing a trail we highlighted on our Facebook page this summer.	1-2 points	

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Activate Your Break	If you have a designated break time or recess, make a point of being active during one of them throughout the week	1 point	
Sign Up for E-News	Contact the go!PEI Coordinator at gopei@recreationpei.ca to sign up for the go!PEI E-Newsletter so you can get PEI healthy living news, stories, and programs delivered to your inbox monthly.	1 point	
Playground Fun	Take your children, grandchildren, or yourself to a community playground. Don't stand on the sidelines as there are no rules that say that you can't swing and slide.	1 point	
Eat Supper Together	Make a point of having supper together as a family. If you live alone, invite some friends together to share a nice home cooked healthy meal.	1 point	
Phone A Friend	Set a time to do some physical activity with someone else, call them and schedule it in.	1 point	
Ride a Bike	Tune up your bike and take it out for a ride. Make sure you follow the rules of the road and wear a helmet. Bright clothes also contribute to your safety.	1 point	
Play a Ball Game	Make the time to head outside by yourself or with some friends to play. Dig out your ball glove and play catch, bounce a tennis ball, bowl or throw a football.	1 point	
Use Your Eyes	Go!PEI will be sending out and posting on their website daily tips during the week. If you read them all, give yourself a point.	1 point	
Daily Meditation	Mental wellness is an important part of your overall health, and meditation is a great way to foster brain—and body—health. Take 15 minutes to meditate to focus on your breathing and clear your mind.	1 point	
You Decide	Come up with your own physical activity or healthy eating activity. If it gets you moving more and eating healthier give yourself a point.	1 point	
Make a Commitment	Commit to yourself that you will work to meet (or exceed) your recommended physical activity requirement or follow the Eating Well with Canada's Food Guide	2 points	