

Active Islander

Remember:

1. Be sure to complete the challenges for each week for the best results.
2. Movement is a gift. Move in the ways that makes you excited to move.
3. When you have completed all 4 weeks, you can receive your first badge.
4. Remain consistent with the challenges.

	Physical Activity	Healthy Eating	Outdoor Movement	Social
Badge 1	150 min/week for 4 weeks.	<p>Option 1: Try a new fruit or vegetable</p> <p>Option 2: Prepare a usual one in a different way. Do this once a week for 4 weeks.</p>	Try two new outdoor activities.	Once a week, invite someone to do an activity with you.

Check-tracking



Week 1



Week 2



Week 3



Week 4