

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 3	150 min/week for 6 weeks.	Choose the whole grain option over the white grain option (whole wheat bread vs white; brown rice over white)	Visit/try out a local recreation facility you haven't been to before.	Coordinate a small group physical activity event for family and/or friends - group hike, walk, yard game, etc.

Check-tracking



Week 1



Week 2



Week 3



Week 4



Week 5



Week 6