

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 4	150 min/week for 7 weeks.	Prepare balanced meals according to Canada's Food Guide for 7 consecutive days.	Complete at least 60 min of PA outside each week.	Twice a week, invite someone to do an activity with you.

Check-tracking



Week 1



Week 2



Week 3



Week 4



Week 5



Week 6



Week 7