



2019 MAYOR'S YOUTH ACTIVITY AWARDS

HOW TO PLAY:

1. The Mayor's Activity Awards are open to Town of Oromocto and surrounding area residents between the ages of 5 to 18 years.
2. Check off each time you complete an activity (see sample below). Continue to collect points until the program ends, then add up your total.
3. You **must** meet minimum point requirements for each section. Once you have done an item a maximum of 8 times, you are done that category. The activity may fit into another category, **but you only submit one sheet per person.**
4. You are not permitted to use one activity for two items on the chart.
For example, if you go swimming for half an hour it could count as 'Go for a 30 minute swim' or 'GOLD Physical Activity of your choice for 30 minutes', but you CANNOT count it for both.
5. As soon as the challenge deadline is over, please have your parent /guardian sign off on the completed chart. Please submit it to the Town of Oromocto, Recreation & Tourism Department, 4 Doyle Drive, Oromocto, NB or email it to recreation@oromocto.ca.
6. Successful participants will receive information about the awards ceremony when their charts are received and confirmed.

START DATE: 17 June 2019

COMPLETION DATE: 23 August 2019

Please submit your completed signed form to our office by **1 September 2019**.

AWARD LEVELS:

Bronze: 200-299 points

Silver: 300-399 points

Gold: 400 points or more

Sample participant Name	Score for Activity	1st Completion	2nd Completion	3rd Completion	4th Completion	5th Completion	6th Completion	7th Completion	8th Completion	Total
Have 3 servings of milk products today	2	x	x	x	x					8
Have 5 glasses of water today	1	x	x	x	x	x	x	x		7
Eat a healthy breakfast today	3	x	x							6
Have a pop-free day	2	x	x	x	x	x				10
Eat 6-10 servings of fruit/vegetables today	3	x	x	x						9
Have a salad today	2	x	x	x	x	x	x			12
To get any award, you <u>must</u> get a total of at least 50 points from the 6 rows above this line.									SUBTOTAL	52

This year's program runs from 17 June to 23 August 2019. Pass in by 1 September.