

MAYOR'S YOUTH ACTIVITY AWARDS

HOW TO PLAY:

- The Mayor's Activity Awards are open to Town of Oromocto residents between 5 to 18 years of age.
- Check off each time you complete an activity (see sample below). Continue to collect points until the program ends, then add up your total.
- 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.**
- 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.
- 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.
- Successful participants will receive information about the awards ceremony when their charts are received and confirmed.

START DATE: 1 June 2016

COMPLETION DATE: 19 August 2016

Please submit your completed signed form to our office by **26 August 2016**.

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 1 June to 19 August, 2016. Pass in by 26 August.