



FALL CHALLENGE TRACKER

OCTOBER - JANUARY 13, 2024
TEENS

Complete and check off ☒ at least 2 activities in each category.

READ

EXPERIENCE

TRY

MOVE

BE MINDFUL

 <input type="checkbox"/> <p>Read a book about someone not like you.</p>	 <input type="checkbox"/> <p>Visit the library. Get a library card if you don't have one.</p>	 <input type="checkbox"/> <p>Try a new recipe to share with someone.</p>	 <input type="checkbox"/> <p>Do yoga or stretch.</p>	 <input type="checkbox"/> <p>List 3 things you are grateful for each day for a week.</p>
 <input type="checkbox"/> <p>Listen to a podcast, audiobook, or have someone read to you.</p>	 <input type="checkbox"/> <p>Visit a friend or family member you haven't seen in a while.</p>	 <input type="checkbox"/> <p>Try a new hobby.</p>	 <input type="checkbox"/> <p>Go for a "Rainbow Walk" outside (find something for each colour of the rainbow).</p>	 <input type="checkbox"/> <p>Avoid or limit time on social media for a week.</p>
 <input type="checkbox"/> <p>Read a new recipe.</p>	 <input type="checkbox"/> <p>Spend 30 minutes in nature.</p>	 <input type="checkbox"/> <p>Try drawing or painting.</p>	 <input type="checkbox"/> <p>Play a sport.</p>	 <input type="checkbox"/> <p>Write a letter to your future self.</p>
 <input type="checkbox"/> <p>Read a newspaper, magazine, or comic.</p>	 <input type="checkbox"/> <p>Go stargazing and find the North Star.</p>	 <input type="checkbox"/> <p>Try a new board game or card game.</p>	 <input type="checkbox"/> <p>Have a dance party.</p>	 <input type="checkbox"/> <p>Do a random act of kindness.</p>

Instructions

- Complete and check off ☒ at least 2 activities in each category.
- When the tracker is finished, you can enter a draw to win a \$35 Indigo Gift Card.

There are two ways you can submit your Tracker:

1. Email a photo of your completed Tracker to **contest@orl.bc.ca**. Include your name, age, and phone number.

OR

2. Bring your finished Tracker to your local library.

Prizes:

\$35 Indigo Gift Card for 5 lucky winners!

Make sure your information is clearly written.

Name: _____

Age: _____

Phone number: _____

My local library branch is: _____

Deadline to enter is **Saturday, January 13, 2024.**

Winners will be notified **Tuesday, January 30, 2024.**

Personal information is collected for the purposes of contacting you or your guardian if you have won a prize. This information is collected by ORL under the Freedom of Information and Protection of Privacy Act, Section 26. If you have any questions about the collection of this personal information, please contact the ORL's CEO, Danielle Hubbard, www.orl.bc.ca/contact-us.