

GIVETOLIVE

CHANGE THE WORLD ONE PERSON AT A TIME

Presents

THE BIG BOOST

45-day Virtual Challenge

April 15 - May 29, 2020

30 TASKS IN 45 DAYS

To keep our GIVETOLIVE family connected, engaged, and motivated during these times we've created a free and fun 45-day virtual challenge called The BIG Boost Challenge.

It incorporates the three pillars of GIVETOLIVE's mission:

Fitness

Giving, and

Achievement of the Extraordinary

During the 45 days, complete 10 tasks from each pillar category (for a total of 30). There's 100+ to pick from so choose what works for you or challenges you the most.

We've designed it with families in mind so get your entire household involved.

HOW DOES IT WORK?

It's simple & free!

- [Register online](#)
- Add your name to [The BIG Boost online tracker](#)
- Choose your tasks from our list of 100+
- Join [The BIG Boost Challenge Facebook Forum](#)
- On April 15 begin completing your tasks
- As you complete your tasks:
 - Share photos & videos in the Forum to be eligible for prizes
 - Track your tasks in the online tracker

Weekly draws of \$100 credit to our online swag store. Special prizes to be awarded at the end.

WWW.GIVETOLIVE.CA/THEBIGBOOST

Important Safety Note:

GIVETOLIVE is all about safety and this is no different. We respect the decisions of the Provincial, Federal governments, and Public Health and strongly encourage you to follow their advice. We have designed the challenge tasks with the rules of the day in mind. If the rules change or are different in your area we ask that you respect and obey all local government rules, directives, and restrictions. When we list family or small group activities we intend for these to only involve family members that live within your household. We are not encouraging you to invite others over to join you - there will be time for that later:)

Choose 30 of these 100+ tasks during the 45 days:

FITNESS

(CHOOSE 10 TASKS FROM THIS CATEGORY)

- Try a new sport for the first time (minimum 60 min)
- 2-hr spin or 50km bike ride outside (staying within your neighbourhood)
- 30-min family game of Capture the Flag or Dodgeball
- 10km run (within your neighbourhood)
- Family bike ride
- Play a 30-min game of frozen or flashlight tag
- 200 pushups in 1 day (morning to evening)
- Family game of basketball, football, or soccer
- 200 situps, crunches or hip thrusters in 1 day (morning to evening)
- 1-hr family game of washer toss, bocce or horse shoes
- Prep a backyard vegetable garden
- 200 body squats in 1 day (don't hurt your knees)
- 30-min family nerf fight
- Climb 750 stairs in your house in 1 day
- 3 weight training sessions in a week
- Bouldering session
- Do a 1-hr yoga class (online or self-guided)
- Host an online fitness/yoga class for friends (minimum 1 hr)
- 30-min session on rowing machine
- Find a friend who has never run before and virtually take them through days 1-7 of a 'walk-to-run' program
- 1-hr family kitchen dance party!
- Complete a full series of a BeachBody Program (i.e. 21-day Fix, etc.)
- 1 hr of stretching
- Do your physio rehab 5 days out of 7
- 1-hr family exercise - kids choose the activity
- Do 4 family walks in a week
- Workout 3x in a week... any workout counts
- Family tournament - Nintendo Wii (or other)
- 30-min game of hopscotch
- Teach your kids a new sport or game
- 45-min meditation (maybe practice with some shorter ones first)
- 15km hike/walk (within your neighbourhood)
- 3-hr backyard clean up session
- 50 Hayes tube pulls
- Complete the "Trick Shot Challenge"
- Take your dog for a 1-hr walk (within your neighbourhood)
- Skip rope for 30 min, (channel your inner child and test your double dutch skills)
- Complete the Alphabet Game
- 1-min plank
- Create a fitness goal for yourself and achieve it - a different one for each of the six weeks of the Challenge

GIVING BACK

(CHOOSE 10 TASKS FROM THIS CATEGORY)

- Share with us your favourite good news site or channel, we're currently digging Inspire More, and Some Good News by John Krasinski
- Convince someone to sign up for The BIG Boost Challenge with you
- Make a donation to your local food bank or soup kitchen
- Use your professional skills to help a charity save on cost (i.e. design a flyer, make sales calls for an afternoon, etc.)
- Sign up for a Community Shared/Supported Agriculture (CSA) program with a local farm (i.e. Snowy River Farms, TapRoot Farms, etc.)
- Host an online potluck
- Donate blood
- Make a promo video for your favourite charity and share it with them
- Pay for the next person's order behind you in the drive-thru
- Share a written story or video of your favourite GIVETOLIVE memory
- Find a way to share your passion, hobby, skills with the world and take the FIRST step towards doing so
- Donate any amount to a GIVETOLIVE event charity: Dalhousie Medical Research Foundation, Brigadoon Village & Lawrencetown Education Centre
- Contact a landlord of a local affordable rental company to see how you can offer your support
- Entertain your friend's child(ren) for 10 minutes over video chat
- Handwrite a letter and mail it to an old friend
- Foster a dog
- Submit a video testimonial about what GIVETOLIVE means to you and share it on social media & tag us
- Bake or cook a meal for a neighbour
- Support an entrepreneur via www.Kiva.org
- Reach out to someone you haven't been in touch with for awhile and challenge them to do the same and to keep it going
- Place a food delivery or pick-up order from a local cafe, restaurant, or farm
- Gift a week of food delivery meals (i.e. HelloFresh, Chef's Plate, Good Food or other local food service) to someone you know
- Buy 3 gift cards from a local business to use later
- Check in with a senior in your neighbourhood to see if they need help
- Send a donation to GIVETOLIVE at operations@givetolive.ca
- Tell someone that you've never told that you love them
- Take an elderly person's dog for a walk
- Create something that will help you remember this time when it's all over
- Play a virtual game with a friend (i.e. Scrabble, Phase 10, etc.)
- Auction off a self-made piece of art and donate the proceeds
- Make an online tutorial on something from your skill set and post it (i.e. baking, crafting, DIY, cooking, etc.) - could be video or pictures & text
- Marie Kondo a dresser or closet in your home and donate what you remove to your nearest Salvation Army, Big Brothers Big Sisters, clothing bin of choice
- Mark Earth Day on April 22 with a road clean up in your neighbourhood
- Random act of kindness (you choose and post it)

ACHIEVING THE EXTRAORDINARY

(CHOOSE 10 TASKS FROM THIS CATEGORY)

- Learn the first 10 steps of a new dance
- Teach yourself how to say a common phrase in 3 new languages (i.e. “How are you?”, “What time is it?”)
- Learn calligraphy
- Create a vision board about one of your life dreams and share it publicly
- Take a dip in a lake or ocean near you before May 1 - must dunk head
- No social media for 1 full weekend
- Meditate every day for 7 days
- Videotape members of your household lip syncing & dancing to Feel Better When I'm Dancing
- Make a 60-second selfie video and post it online... the topic is anything you want, sing a song, give some advice, etc.
- Quit smoking for a week
- Participate in a BIG Sing or other local virtual sing-along session
- Have a baby during a global pandemic
- Organize an online board game night with at least 6 online participants
- Take an online course (minimum 1 hour) that is cooking, music, knitting or crocheting, sketching, painting, etc... something you have always wanted to do but never had the time
- Start a gratitude journal
- Go through your camera roll, pick your favourite pics from the past year and make a photo book or order framed versions online
- Call a friend you haven't talked to in a year or more to catch up
- Write and record a 2-minute standup comedy routine
- 48 hrs of watching NO news channels or looking at any websites
- Watch a TED Talk or other online course of 45+ minutes on happiness
- Watch the movie The Greatest Showman
- Complete that renovation project you've been putting off
- Choose a place you would like to travel and learn 5 unique things about it
- Learn how to cook a new recipe with ingredients you've never used before
- Recite the first verse & chorus of Barrett's Privateers in an Australian accent
- Camp indoors or in your backyard for a night
- Make a list of 10 things you are grateful for
- Paint a picture with your feet
- Write a song, poem, rap, short story or get started on that novel
- Two words: Coronavirus beard! Grow it, moisturize it, comb it, love it
- Interview your grandparents over the phone and save the audio
- Do an indoor or backyard scavenger hunt
- Make a bucket list of all the places you want to go, and people you want to see when you can
- Teach your pet a new trick
- Film, direct, act in a family play or puppet show and post online (can be original or known works)
- Start a blog and post inspirational, helpful messages for a minimum of 30 of the 45 days of this challenge
- Successfully complete 5 phrases with the Whisper Challenge
- Free pass (you choose and post it)