

WHAT IS IT? Your goal during The Energy Cubes Challenge is to move as much as possible, both at school and at home.

WHEN?
April 29 to May 27, 2019

WHO? The challenge is open to all elementary students, from kindergarten to Grade 6. To earn more Cubes, **MOVE WITH** one or more members of your immediate family (parents, grandparents, brothers and sisters).

HOW?



Energy Cube = 15 minutes of continuous physical activity

Every 15 minutes of continuous physical activity earns you 1 Energy Cube. If you **MOVE WITH** a member of your immediate family, you earn 1 extra Cube for each person moving with you.

The complete Rules and Regulations are available on ENERGYCUBES.CA





le grand
DEFI
PIERRE LAVOIE

Québec



FORCE4.TV IS A WEB TV THAT WILL MAKE YOU MOVE AT SCHOOL AND AT HOME!

CLOVIS

Wondering how
to survive the end
of the year?

Come and work out with us!

Where?
squat.telequebec.tv



SQUAT
Télé-Québec

Energy CUBES CHALLENGE

Schools are eligible to win*

- **The Grand Prize event:** A weekend full of surprises and fun activities held on June 15 and 16 at the Olympic Stadium in Montréal.
- **A visit from the Vehicube:** A day of entertainment during the 2019-2020 school year where students will discover how to be more active and eat well.

* One school per administrative region will be randomly selected on May 30.



WEEK 1

APRIL 29 TO MAY 5




Start the Energy Cubes Challenge in strength. On your muscles, get set, go!
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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80

81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155					

 Colour in 1 Cube for every 15 minutes of physical activity you took part in.
Don't forget to count the Energy Cubes for members of your immediate family who moved with you.

Parent's signature: _____

Total number of
Cubes accumulated
this week:



WEEK 2

MAY 6 TO MAY 12



Music, Maestro! Dance & move to the rhythm of Simon, our favorite librarian!
FORCE4.TV



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80

81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155					

Colour in 1 Cube for every 15 minutes of physical activity you took part in. Don't forget to count the Energy Cubes for members of your immediate family who moved with you.

Parent's signature: _____

Total number of Cubes accumulated this week:



WEEK 3

MAY 13 TO 19



For Energy Cubes with a bang,
discover Yannick Bergeron's serie!
FORCE4.TV



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80

81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150
151	152	153	154	155					

Colour in 1 Cube for every 15 minutes of physical activity you took part in.
Don't forget to count the Energy Cubes for members of your immediate family who moved with you.

Parent's signature: _____

Total number of
Cubes accumulated
this week:



WEEK 4

MAY 20 TO 27



Moving for 15 min = 1 Energy Cube




What better than a yoga session
to concentrate before one's
homework or to relax before sleep?

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1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
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91	92	93	94	95	96	97	98	99	100
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Parent's signature: _____

Total number of
Cubes accumulated
this week:

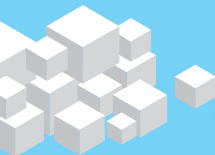




AIR CANADA

PRESENTS

Move to Fly contest



Get moving with your family
to win 1 of 4 Air Canada trips to Hawaii*

Quick! Read contest details and register at
ENERGYCUBES.CA/CONTEST

* Move to Fly contest takes place from April 29 to May 23, 2019 at 5 pm. Limit of one participation per person. One draw each week during contest period. Find all details and regulations at energycubes.ca/contest

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