

# TOUGO CHALLENGE

school daycare



Dear parent,

The *TOUGO Challenge*, which will take place from **March 28 to April 22, 2022**, is among the activities your school's daycare service is happy to participate in. Every week, the children will take up a fun challenge on different themes related to nutrition, physical activity, or relaxation. Of course, the daycare staff will use their best judgement to adapt the activities to the COVID-19 pandemic safety measures.

Participating daycares have the chance to win a \$150 CATSPORTS gift card. A great reward for adopting healthy habits throughout the year!

## WHAT IS TOUGO?

TOUGO is an accessible and credible source of information, tools, and invitations that inspires Quebecers to take simple steps to find pleasure in living healthier lives.

To know more about TOUGO, visit [montougo.ca](http://montougo.ca).

## WE NEED YOUR ENCOURAGEMENT!

Stay in the know: a poster will be set up near the daycare entrance. It will allow you to see all the challenges the students will take up and follow their progress.

**THE TOUGO CHALLENGE**

FOR A FUN AND MOTIVATING HEALTH BOOST!



ASSOCIATION SOUTENIR  
QUÉBÉCOISE DE LA REPRÉSENTER  
GARDE SCOLAIRE MOBILISER