

# TOUGO CHALLENGE

school daycare



Dear Principal,

Your school's daycare service has been invited to participate in the *TOUGO Challenge*, which will take place from **April 22 to May 2, 2025**. For two weeks, daycare students will take up fun challenges related to nutrition, physical activity, and relaxation. The *TOUGO Challenge* in school daycare services is a joint initiative between the Association québécoise de la garde scolaire (AQGS) and Capsana, the organization behind the *Challenge*.

Participating daycare services have the chance to win amazing prizes. A great reward for adopting healthy habits throughout the year!

### Many tools are available

Teams will have access to many tools, such as activity sheets, a support guide and a certificate, to support and inspire them in their endeavour. The campaign's informational tools are provided free of charge and can be downloaded on the Association québécoise de la garde scolaire (AQGS) website at [www.gardescolaire.org](http://www.gardescolaire.org).

### What is TOUGO?

TOUGO is your health ally. Whether you're looking for ways to be more active every day, recipes for healthy snacks, or tips to feel good in body and mind, TOUGO has what you need! To find out more about TOUGO, visit [montougo.ca](http://montougo.ca) ou [sign up for the TOUGO newsletter](#) (in French only).

We thank you in advance for your invaluable collaboration. Please do not hesitate to contact us for more information.

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**THE TOUGO CHALLENGE: FOR A FUN AND MOTIVATING HEALTH BOOST!**



ASSOCIATION SOUTENIR  
QUÉBÉCOISE DE LA REPRÉSENTER  
GARDE SCOLAIRE MOBILISER