



# HOW TO GUIDE

# IT'S TO **GOOD** **TRY**



When you TRY, you find out more. About the world, about other people, about yourself. What you like and what you don't. What you can do - you might surprise yourself! How fast you can go. How far you can go. Trying can be easy, or hard. Exciting or scary. Sometimes you might wonder why you're trying at all. Doesn't matter. Just give it a whirl. Get stuck in and you'll grow stronger. Better to have a go than be a no-show. Go on, have some fun! TRY it, enjoy it, experience everything you can. 'Cos if you don't TRY, you'll never know.



So go on, give it a TRY.

# CONGRATULATIONS

for taking on the Weet-Bix Kids TRY DIY



## NEED SOME HELP?

If you need some help or have any questions please contact our customer services team on 0800 WEETBIX or [tryathlon@sanitarium.co.nz](mailto:tryathlon@sanitarium.co.nz)

## WHAT IS THE TRY DIY?

DIY means do-it-yourself and us Kiwi's love a good DIY challenge – apparently it's in our DNA.

So now it's your turn to take on the Weet-Bix Kids **TRY DIY** challenge by designing and completing your own TRYathlon, all in your own backyard.

We encourage you to get as creative as possible, have lots of fun and because we can't be with you, share your **TRY DIY** experience with us by uploading your video to our website. You could even win some awesome prizes.

This guide will help you plan and complete your **TRY DIY**.

You never know the **TRY DIY** might event inspire you to do more DIY projects – just ask your parents first!

**GOOD LUCK!**

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## HOW IT WORKS

The **TRY DIY** is as easy as 1,2,3;



### STEP ONE

Create your TRY DIY Plan



### STEP TWO

Complete your TRY DIY



### STEP THREE

Celebrate & Share your TRY DIY experience with us



# STEP ONE: CREATE YOUR TRY DIY PLAN

Every good DIY project needs a plan and the **TRY DIY** is no different, but the best thing about **TRY DIY** is you make the rules.

You can decide when you complete your **TRY DIY**, what you do and who you do it with - if you have a brother or sister, friend or parent then include them too, or do it with your entire, school or street!! It's up to you.

But like any great DIY project the more creative the better!

## USE OUR TRY DIY PLANNING TEMPLATE TO HELP YOU PLAN OUT YOUR TRY DIY.

To create your plan have a think about the following:

- What do I want to achieve?
- What activities will I do in my TRY DIY?
- How challenging do I want it to be?
- What equipment or gear do I need to complete it?
- Where will I do it? (Map out your course)
- When will I do it?
- What day and what time of the day?
- How long will it take?
- Who will I do it with?
- Do I need a support team or help from my family?
- Do I need to do more training?
- Are you going to film your TRY DIY? (If you do, you can upload it onto our website and go in the draw to win awesome prizes.)

## CHOOSE YOUR ACTIVITY

You can choose what activities you want to complete. Here are some recommended distances if you are doing a SWIM-BIKE-RUN

	5YRS	6YRS	7YRS	8-10YRS	11-15YRS
	25M	25M	50M	100M	200M
	1KM	25M	4KM	4KM	8KM
	500M	1KM	1.5KM	1.5KM	1.5KM

If you don't have access to a pool or the ocean then you could do a RUN-BIKE-RUN or get creative swim in the bath, or under the sprinkler.

Alternatively you can substitute any of these for other activities like push ups, star jumps, skipping or feel free to make up your own.

When setting your **TRY DIY** course choose your distances/reps or time that you will complete for each of your three activities and decide which order you are going to do your activities in.

## REMEMBER

Make sure you adhere to any COVID rules like social distancing or staying at home.



# MY TRY DIY PLAN



**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

I will do my **TRY DIY**

On: \_\_\_\_\_

At (location): \_\_\_\_\_

With: \_\_\_\_\_

I will do the following activities:

<i>Activity type</i>	<i>Distance / reps / time</i>
1. _____	_____
2. _____	_____
3. _____	_____

I need the following equipment / gear:

_____	_____
_____	_____
_____	_____

The thing that makes my **TRY DIY** unique is:

\_\_\_\_\_

\_\_\_\_\_

Signed: \_\_\_\_\_





**I WAS TOLD**

**I COULDN'T.**

**SO I DID.**

**START YOUR IMPOSSIBLE**

**TOYOTA**

# STEP TWO: COMPLETING YOUR TRY DIY



It's time to complete your **TRY DIY!**  
Follow the tips below to help make sure your day goes smoothly

## TOP 10 TRY DIY TIPS

1. Refer to your DIY TRY plan to make sure you have everything you need – including your gear and equipment.
2. Have a yummy Weet-Bix breakfast beforehand.
3. Have some water handy
4. Be sun smart
5. Pace yourself
6. Be safe:
  - Have adult supervise you if you are swimming
  - Wear your helmet at all times when cycling
  - Follow the road rules
  - Watch for vehicles and pedestrians if you are on the road or in public spaces
  - Adhere to any COVID rules like social distancing or staying at home.
7. Remember to warm up before you complete your DIY TRY too – Weet-Bix Guy has some great warm up moves. You can watch them here. <https://www.youtube.com/watch?v=dqzOMvy-aCA> or you can make up some of your own!

## WARM UP LIKE WEET-BIX GUY



## VIDEO YOUR TRY DIY

We'd love if you shared your **TRY DIY** experience with us!

Film yourself or get someone to film you completing your **TRY DIY** to be in the draw to win weekly prizes, thanks to our amazing sponsors.

Most importantly  
.....HAVE FUN!!!



# STEP THREE: IT'S TIME TO CELEBRATE

## CONGRATULATIONS YOU'VE DONE IT

**YOU'VE COMPLETED THE WEET-BIX KIDS TRY DIY**



- Hold a special medal ceremony where you're awarded your **TRY DIY** Champions medal. If you didn't order one then you could make your own special **TRY DIY MEDAL**.
- Download your **TRY DIY** certificate
- Thank those that helped you complete your **TRY DIY**
- Share your **TRY DIY** video with us. Upload it to <https://tryathlon.co.nz/locations/hastings/#tab-post-try-diy> and go in the draw to win some amazing prizes.

### SPOT PRIZES



Everyone that enters the **TRY DIY** will be in to win some great spot prizes thanks to Sanitarium and Weet-Bix.

### NEED SOME HELP?

Keep an eye on your inbox and our **TRY DIY** Facebook Event page for updates.

If you have any questions please contact our customer services team 0800 WEETBIX or [tryathlon@sanitarium.co.nz](mailto:tryathlon@sanitarium.co.nz)





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**GIVE IT  
A TRY**

