

**The Life Course Game  
Facilitator's Kit  
is available for purchase.**

Order forms can be found online at:  
[www.citymatch.org/lifecoursetoolbox](http://www.citymatch.org/lifecoursetoolbox)

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**Mom gets prenatal care. Beautiful baby makes it to first birthday!**

Move forward 2 spaces.

**Mom gets prenatal care. Beautiful baby makes it to first birthday!**

Move forward 2 spaces.

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Move forward 2 spaces.

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Move forward 2 spaces.



**Your neighborhood grocer carries fresh, affordable produce. Your nutrition intake improves.**

Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

**Your neighborhood grocer carries fresh, affordable produce. Your nutrition intake improves.**

Move forward 1 space.







**Free condoms are given at local health clinic. STD rates in your neighborhood decline.**

Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

**Free condoms are given at local health clinic. STD rates in your neighborhood decline.**

Move forward 1 space.



**Your recent car accident left you with a pile of medical bills. Your faith community holds a benefit in your honor.**

Move forward 3 spaces.

**Your recent car accident left you with a pile of medical bills. Your faith community holds a benefit in your honor.**

Move forward 3 spaces.

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**Your recent car accident left you with a pile of medical bills. Your faith community holds a benefit in your honor.**

Move forward 3 spaces.







**Free tutoring is available for you/your kids. Grades improve!**

Move forward 2 spaces.

**Free tutoring is available for you/your kids. Grades improve!**

Move forward 2 spaces.

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Move forward 2 spaces.

**Free tutoring is available for you/your kids. Grades improve!**

Move forward 2 spaces.

**Free tutoring is available for you/your kids. Grades improve!**

Move forward 2 spaces.







**Sorority/Fraternity chapter in your community takes on clean-up efforts in your neighborhood.**

Move forward 1 space.

**Sorority/Fraternity chapter in your community takes on clean-up efforts in your neighborhood.**

Move forward 1 space.

**Sorority/Fraternity chapter in your community takes on clean-up efforts in your neighborhood.**

Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

**Sorority/Fraternity chapter in your community takes on clean-up efforts in your neighborhood.**

Move forward 1 space.



**Your father receives treatment for his alcohol dependency and has been clean for 6 months.**

Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

**Your father receives treatment for his alcohol dependency and has been clean for 6 months.**

Move forward 1 space.

**Your father receives treatment for his alcohol dependency and has been clean for 6 months.**

Move forward 1 space.







**Large national company opens offices in your city. More jobs are available.**

Move forward 5 spaces.

**Large national company opens offices in your city. More jobs are available.**

Move forward 5 spaces.

**Large national company opens offices in your city. More jobs are available.**

Move forward 5 spaces.

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Move forward 5 spaces.

**Large national company opens offices in your city. More jobs are available.**

Move forward 5 spaces.

**Large national company opens offices in your city. More jobs are available.**

Move forward 5 spaces.

**Large national company opens offices in your city. More jobs are available.**

Move forward 5 spaces.



**Sidewalks have been added in your neighborhood. It is now safe to start a walking program. Your health improves.**

Move forward 2 spaces.

**Sidewalks have been added in your neighborhood. It is now safe to start a walking program. Your health improves.**

Move forward 2 spaces.

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**Sidewalks have been added in your neighborhood. It is now safe to start a walking program. Your health improves.**

Move forward 2 spaces.

**Sidewalks have been added in your neighborhood. It is now safe to start a walking program. Your health improves.**

Move forward 2 spaces.



**Youth program created for  
neighborhood teens.  
Crime rate goes down.**

Move forward 1 space.

**Youth program created for  
neighborhood teens.  
Crime rate goes down.**

Move forward 1 space.

**Youth program created for  
neighborhood teens.  
Crime rate goes down.**

Move forward 1 space.

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Move forward 1 space.

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neighborhood teens.  
Crime rate goes down.**

Move forward 1 space.

**Youth program created for  
neighborhood teens.  
Crime rate goes down.**

Move forward 1 space.

**Youth program created for  
neighborhood teens.  
Crime rate goes down.**

Move forward 1 space.











**You ride a bike instead of driving to work. You save money on gas & get exercise.**

Move forward 1 space.

**You ride a bike instead of driving to work. You save money on gas & get exercise.**

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**You ride a bike instead of driving to work. You save money on gas & get exercise.**

Move forward 1 space.

**You ride a bike instead of driving to work. You save money on gas & get exercise.**

Move forward 1 space.

**You ride a bike instead of driving to work. You save money on gas & get exercise.**

Move forward 1 space.



**Before trying to conceive your baby,  
you lost 10 pounds to bring your BMI  
into the healthy range.**

Move forward 2 spaces.

**Before trying to conceive your baby,  
you lost 10 pounds to bring your BMI  
into the healthy range.**

Move forward 2 spaces.

**Before trying to conceive your baby,  
you lost 10 pounds to bring your BMI  
into the healthy range.**

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into the healthy range.**

Move forward 2 spaces.

**Before trying to conceive your baby,  
you lost 10 pounds to bring your BMI  
into the healthy range.**

Move forward 2 spaces.

**Before trying to conceive your baby,  
you lost 10 pounds to bring your BMI  
into the healthy range.**

Move forward 2 spaces.



**You take a prenatal vitamin.**

Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.

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Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.

**You take a prenatal vitamin.**

Move forward 3 spaces.



**You and your partner made a reproductive life plan with your doctor.**

Move forward 2 spaces.

**You and your partner made a reproductive life plan with your doctor.**

Move forward 2 spaces.

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Move forward 2 spaces.

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Move forward 2 spaces.

**You and your partner made a reproductive life plan with your doctor.**

Move forward 2 spaces.



**You attend(ed) an after-school program.**

Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

**You attend(ed) an after-school program.**

Move forward 1 space.

**You attend(ed) an after-school program.**

Move forward 1 space.

**You attend(ed) an after-school program.**

Move forward 1 space.



**You/Your partner's birth control makes it on the approved prescription list.**

Move forward 1 space.

**You/Your partner's birth control makes it on the approved prescription list.**

Move forward 1 space.

**You/Your partner's birth control makes it on the approved prescription list.**

Move forward 1 space.

**You/Your partner's birth control makes it on the approved prescription list.**

Move forward 1 space.

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Move forward 1 space.

**You/Your partner's birth control makes it on the approved prescription list.**

Move forward 1 space.

**You/Your partner's birth control makes it on the approved prescription list.**

Move forward 1 space.

**You/Your partner's birth control makes it on the approved prescription list.**

Move forward 1 space.

**You/Your partner's birth control makes it on the approved prescription list.**

Move forward 1 space.



**A variety of free after school programs are available at your/your child's school. This has a positive impact on activity levels, homework completion and social networks.**

Move forward 2 spaces.

**A variety of free after school programs are available at your/your child's school. This has a positive impact on activity levels, homework completion and social networks.**

Move forward 2 spaces.

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Move forward 2 spaces.

**A variety of free after school programs are available at your/your child's school. This has a positive impact on activity levels, homework completion and social networks.**

Move forward 2 spaces.



**Job promotion puts an extra \$100 in your family's account each month.**

Move forward 3 spaces.

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**Job promotion puts an extra \$100 in your family's account each month.**

Move forward 3 spaces.

**Job promotion puts an extra \$100 in your family's account each month.**

Move forward 3 spaces.



**You had a rich feeling of connectedness to your parents and family while growing up.**

Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

**You had a rich feeling of connectedness to your parents and family while growing up.**

Move forward 1 space.







**A community garden is started by neighborhood residents on your block.**

Move forward 1 space.

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Move forward 1 space.

**A community garden is started by neighborhood residents on your block.**

Move forward 1 space.







**Your mother breastfed you and your siblings, lessening your risk for obesity and other health issues.**

Move forward 2 spaces.

**Your mother breastfed you and your siblings, lessening your risk for obesity and other health issues.**

Move forward 2 spaces.

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Move forward 2 spaces.

**Your mother breastfed you and your siblings, lessening your risk for obesity and other health issues.**

Move forward 2 spaces.



**Your family eats dinner together almost every evening.**

Move forward 2 spaces.

**Your family eats dinner together almost every evening.**

Move forward 2 spaces.

**Your family eats dinner together almost every evening.**

Move forward 2 spaces.

**Your family eats dinner together almost every evening.**

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Move forward 2 spaces.

**Your family eats dinner together almost every evening.**

Move forward 2 spaces.

**Your family eats dinner together almost every evening.**

Move forward 2 spaces.



**You live in a neighborhood that is socially cohesive, leading to less likelihood of abuse and maltreatment of children living there.**

Move forward 1 space.

**You live in a neighborhood that is socially cohesive, leading to less likelihood of abuse and maltreatment of children living there.**

Move forward 1 space.

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Move forward 1 space.

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Move forward 1 space.

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