

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

Order forms can be found online at:
www.citymatch.org/lifecoursetoolbox

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

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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fresh, affordable produce. Your
nutrition intake improves.**

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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.



**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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with a pile of medical bills. Your faith
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Move forward 3 spaces.





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

Move forward 2 spaces.

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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.

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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.

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

Move forward 1 space.

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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.



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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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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neighborhood teens.
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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.





Disadvantaged = You benefit because you were previously unable to access the clinic without having to find a ride from a friend. Move forward 2 spaces.



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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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.

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you lost 10 pounds to bring your BMI
into the healthy range.**

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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.

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Move forward 3 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.

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.

You attend(ed) an after-school program.

Move forward 1 space.

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.

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.

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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.



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.

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

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Move forward 3 spaces.



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

Move forward 1 space.

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

Move forward 1 space.

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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.





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

Move forward 2 spaces.

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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.



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.



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.

