

BMN's ParticipAction 150 Playlist (activities in **bold** have been added by BMN to the original list)

- 4-Square
- 5-Pin Bowling
- Aquafit
- Archery
- Athletics
- Axe Throwing
- Badminton
- Baseball
- Basketball
- Baton Twirling
- Beach Volleyball
- Bean Bag Toss
- Billiards
- Bird Watching at Burnaby Lake**
- Bird Watching at Colony Farm**
- Bird Watching at DeBoville Slough**
- Bird Watching at Shoreline Park**
- Bocce/Pétanque
- Boccia
- Botany Walk**
- Building A Sandcastle
- Building A Snowman
- Camping
- Canoeing
- Capture The Flag
- Chair Stacking at BMN Meeting**
- Chairs out at BMN Meeting**
- Cheerleading
- Chopping Wood
- Circus Arts
- Croquet
- Cross Country Skiing
- Curling
- Cycling DeBoville Slough & Oliver Rd**
- Cycling the Pitt River Greenway**
- Cycling the PoCo Trail**
- Dancing
- Disc Golf
- Diving
- Dodgeball
- Dog Walking/Agility
- Downhill Skiing
- Drumming
- Fishing
- Fitness Activities
- Flying A Kite
- Folk/Cultural Dances
- Fruit Picking
- Gardening
- Geocaching
- Golf
- Grounders
- Gymnastics
- Hacky Sack
- Hide And Seek
- Hiking Alfred Howe Greenway (PoMo)**
- Hiking around Buntzen Lake**
- Hiking Diez Vistas**
- Hiking in Minnehada Park**
- Hiking in Ridge Park**
- Hiking Lower Slopes of Eagle Ridge**
- Hiking the Coquitlam Crunch**
- Hiking the Coquitlam Lake View Trail**
- Hiking the Velodrome Trail (500 stairs)**
- Hiking the Woodland Walk Trail**
- Hiking to Admiralty Point**
- Hiking to Burnaby Mountain**
- Hiking to Cypress Lake**
- Hiking to Jug Island**
- Hiking to Polytrichum Lookout**
- Hockey
- Hopscotch
- Horseback Riding
- Horseshoes
- Housework
- Hula Hooping
- Invasive Plant Removal**
- Judo
- Jump Rope
- Karate
- Kayaking
- Ladder Toss
- Lawn Bowling
- Lawn Mowing
- Marco Polo
- Mini Putt
- Monkey Bars
- Nestbox Cleaning**
- Obstacle Course Racing (OCR)
- One Foot High Kick
- Orienteering
- Paddleboarding
- Pickleball
- Pilates
- Pillow Fight
- Polar Bear Dip
- Potato Sack Racing
- Raking Leaves
- Rock Climbing
- Rollerblading
- Rowing
- Running
- Sailing
- Scavenger Hunt
- Scootering
- Shoreline/Community Cleanup
- Shuffleboard
- Side Reach
- Sitting Volleyball
- Skating
- Snorkelling
- Snow Fort Building
- Snow Shovelling
- Snowball Fight
- Snowboarding
- Snowshoeing
- Soccer
- Squash
- Stair Climbing instead of Elevator**
- Stick Pull
- Swimming
- Swinging (Swing Set)
- Table Tennis
- Taekwondo
- Tag
- Tai Chi
- Tennis
- Tobogganing
- Trail Maintenance**
- Trampolining
- Tree Climbing
- Tree Planting
- Tug Of War
- Ultimate Frisbee
- Vegetable or herb garden planting**
- Volleyball
- Walking Along Coquitlam River**
- Walking Along Shoreline Trail (PoMo)**
- Walking Around Como Lake**
- Walking Around Lafarge Lake**
- Walking at Colony Farm**
- Walking at DeBoville Slough**
- Walking in Mundy Park**
- Water Polo
- Weightlifting
- Wheelchair Basketball
- White Water Rafting
- Wildlife Photography**
- Wrestling
- Yoga