Be ....

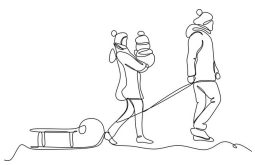
WinterActive!

Challenge yourself this February 1- 28th to keep active. Set a personal goal and enter for a prize!

Suggested activities (you may add more):

Bowling	Disc Golf	Hockey	Tobogganing
Chair Yoga	Downhill skiing	Pickleball	Swimming pool
Curling	Nordic skiing	Gym	Walking
Snowshoeing	Biking (non-throttle)		Jogging

No fee, no sign-up!



Track your own progress!

Participation forms are available at the Arena Recreation office, the Public Library or may be copied at: **gftrails.ca**

Sponsors: *COMMUNITY TRAILS MANAGER PROJECT, COMMUNITY TRAILS SOCIETY, RDKB RECREATION COMMISSION*

WinterActive!

Feb. 1 - 28th

NAME _____

PHONE _____

ACTIVITY/IES_____

HOURS DAY 1	HOURS DAY 2	HOURS DAY 3	HOURS DAY 4	HOURS DAY 5	HOURS DAY 6	HOURS DAY 7
HOURS DAY 8	HOURS DAY 9	*HOURS DAY 10*	HOURS DAY 11	HOURS DAY 12	HOURS DAY 13	HOURS DAY 14
HOURS DAY 15	HOURS DAY 16	HOURS DAY 17	HOURS DAY 18	HOURS DAY 19	HOURS DAY 20	HOURS DAY 21
HOURS DAY 22	HOURS DAY 23	HOURS DAY 24	HOURS DAY 25	HOURS DAY 26	HOURS DAY 27	HOURS DAY 28

TOTAL HOURS: _____

Congratulations and thank you for your participation.

You may enter this sheet into the draw for a prize at the Arena Recreation Office or the Library by Mar. 5

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