

January 2026

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



FUN, FITNESS CHALLENGE

JAN. 1 – MAR. 31, 2025



February 2026

Get active this winter and help yourself while helping your community & Pasquia Regional Park!

Communities earning 200,000 minutes of activity earn Tri-Unity Challenge funds to support fitness for all!

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

March 2026

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Record minutes of activity from Jan. 1 to Mar. 31 and turn the total in to your Town Office.

Name: _____

January Total: _____

February Total: _____

March Total: _____

GRAND TOTAL: _____

FUN, FITNESS CHALLENGE

JAN. 1, 2026 – MAR. 31, 2026



Arborfield, Carrot River and Zenon Park, it is time to get moving and record your minutes of physical activity and see how awesome you and your community are!

It ALL counts: a walk, shoveling snow, skating, exercise class.....you name it.

If it gets your heart pumping and body moving record it. Record minutes from Jan. 1 to Mar. 31, 2026 and turn your total minutes into your local health clinic or Town/Village Office by April 8, 2026.

Log on a calendar, fitness app or any way that works for you! If your community can reach a total of 200,000 fitness minutes it will be able to access funds raised from the Tri-Unity Challenge event to put towards fitness into our partnering communities: Arborfield, Carrot River and Pasquia Regional Park!

Support future funding by attending our 17th Anniversary event on August 8, 2026 at Pasquia Regional Park.



www.triunitychallenge.com