

# FUN, FITNESS CHALLENGE

**JAN. 1, 2024 – MAR. 31, 2024**



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, 2024 and turn your total minutes into your local health clinic or Town/Village Office by April 5, 2024.

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 in your own community!

Past funds have supported pickleball, playground enhancements, trail development and MORE.

**Support future funding by attending our 15th Anniversary event on August 10, 2024 at Pasquia Regional Park.**



[www.triunitychallenge.com](http://www.triunitychallenge.com)

# January 2024

	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, 2024



# February 2024

				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		

Get active this winter and help yourself while helping your community!

Communities earning 200,000 minutes of activity earn Tri-Unity Challenge funds to support fitness in their town!

# March 2024

					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:** \_\_\_\_\_