

# 2019 MAY

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_



PARTICIPATE IN ANY OF THESE **FREE** ACTIVITIES, OR DO SOMETHING ON YOUR OWN!

## ACTIVITY RECORD INSTRUCTIONS:

**Record physical activity minutes done each day** in the calendar below. Submit your activity calendar to Harvey Health Centre by **MONDAY, JUNE 17 TO ENTER** for the chance to WIN! Prizes for most active Youth, Adult (18+) and Senior (55+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
	30	1	2	3	4	5	
	<b>7 pm - Activity Challenge Kick-off Walk/Run from Lakeside Trail</b>	10:30 / 11:30 am - Aging Backward@Health Centre 2:30 pm - Badminton / Pickleball @HMCC 7 pm - HIIT Class @HMCC 8 pm - Women's BB @ HHS	7 pm - Walk/Run from Lakeside Trail 7:30 pm - Pickleball / Badminton @ HMCC 8 pm - Men's Basketball @ HHS	2:30 pm - Pickleball / Badminton @ HMCC 5:30 pm - Walk/Run from Chase the Ace	8 am - Walk/Run from Lakeside Trail		
6	7	8	9	10	11	12	
7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	7 pm - Walk/Run from Lakeside Trail 8 pm - Adult Co-ed Volleyball @HHS	10:30 / 11:30 am - Aging Backward@Health Centre 2:30 pm - Badminton / Pickleball @HMCC 7 pm - HIIT Class @HMCC 8 pm - Women's BB @ HHS	7 pm - Walk/Run from Lakeside Trail 7:30 pm - Pickleball / Badminton @ HMCC 8 pm - Men's Basketball @ HHS	2:30 pm - Pickleball / Badminton @ HMCC 5:30 pm - Walk/Run from Chase the Ace	8 am - Walk/Run from Lakeside Trail		
13	14	15	16	17	18	19	
7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	7 pm - Walk/Run from Lakeside Trail 8 pm - Adult Co-ed Volleyball @HHS	10:30 / 11:30 am - Aging Backward@Health Centre 2:30 pm - Badminton / Pickleball @HMCC 7 pm - HIIT Class @HMCC 8 pm - Women's BB @ HHS	7 pm - Walk/Run from Lakeside Trail 7:30 pm - Pickleball / Badminton @ HMCC 8 pm - Men's Basketball @ HHS	2:30 pm - Pickleball / Badminton @ HMCC 5:30 pm - Walk/Run from Chase the Ace	8 am - Walk/Run from Lakeside Trail		
20	21	22	23	24	25	26	
7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	7 pm - Walk/Run from Lakeside Trail 8 pm - Adult Co-ed Volleyball @HHS	10:30 / 11:30 am - Aging Backward@Health Centre 2:30 pm - Badminton / Pickleball @HMCC 7 pm - HIIT Class @HMCC 8 pm - Women's BB @ HHS	7 pm - Walk/Run from Lakeside Trail 7:30 pm - Pickleball / Badminton @ HMCC 8 pm - Men's Basketball @ HHS	2:30 pm - Pickleball / Badminton @ HMCC 5:30 pm - Walk/Run from Chase the Ace	8 am - Walk/Run from Lakeside Trail 11 am - Family Scavenger Hunt @HES Playground		
27	28	29	30	31	JUNE 1	2	
7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	7 pm - Walk/Run from Lakeside Trail 8 pm - Adult Co-ed Volleyball @HHS	10:30 / 11:30 am - Aging Backward@Health Centre 2:30 pm - Badminton / Pickleball @HMCC 7 pm - HIIT Class @HMCC 8 pm - Women's BB @ HHS	7 pm - Walk/Run from Lakeside Trail 7:30 pm - Pickleball / Badminton @ HMCC 8 pm - Men's Basketball @ HHS	2:30 pm - Pickleball / Badminton @ HMCC 5:30 pm - Walk/Run from Chase the Ace	8 am - Walk/Run from Lakeside Trail 10 am - Bike Rodeo (for 12 and under) @HES		

# 2019 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
3 7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	4 7 pm - Walk/Run from Lakeside Trail 8 pm - Adult Co-ed Volleyball @HHS	5 10:30 / 11:30 am - Aging Backward@Health Centre 2:30 pm - Badminton / Pickleball @HMCC 7 pm - HIIT Class @HMCC 8 pm - Women's BB @ HHS	6 7 pm - Walk/Run from Lakeside Trail 7:30 pm - Pickleball / Badminton @ HMCC 8 pm - Men's Basketball @ HHS	7 2:30 pm - Pickleball / Badminton @ HMCC 5:30 pm - Walk/Run from Chase the Ace	8 8 am - Walk/Run from Lakeside Trail 9 am - <b>Relay Around Harvey - fundraiser for Harvey Helps</b>	9	
10 7 pm - HIIT Class @ HMCC 8 pm - Men's Basketball @ HHS	11 7 pm - Walk/Run from Lakeside Trail 8 pm - Adult Co-ed Volleyball @HHS	12 10:30 / 11:30 am - Aging Backward@Health Centre 2:30 pm - Badminton / Pickleball @HMCC 7 pm - HIIT Class @HMCC 8 pm - Women's BB @ HHS	13 7 pm - Walk/Run from Lakeside Trail 7:30 pm - Pickleball / Badminton @ HMCC 8 pm - Men's Basketball @ HHS	14 2:30 pm - Pickleball / Badminton @ HMCC 5:30 pm - Walk/Run from Chase the Ace	15 8 am - Walk/Run from Lakeside Trail 11 am - Family Relay Races with Mike Fletcher @HMCC	16	<b>GRAND TOTAL</b>



We're excited to announce that the Harvey area will be participating in the ParticipACTION Community Better Challenge from May 31 – June 16, as we strive to be named **Canada's Most Active Community**.

The community with the most tracked minutes based on the size of their community will be named "**Canada's Most Active Community**" and awarded **\$150,000 to community recreation betterment**.

We encourage all residents of the Harvey area to track their active minutes using the **ParticipACTION app**. By doing so, minutes tracked through your app will automatically go toward your community score. The more you use the app, the greater chance your community will have of succeeding. So download the free ParticipACTION app on your mobile device and get tracking!

\* We can also help with entering your minutes if you can't use the app!

***\*To be eligible for prizes in the Harvey Activity Challenge, you will still need to complete the activity record sheet and drop off at the Harvey Health Centre by June 17.***

