

MB 55+ Virtual Games


Physical Activity Tracker



Be a part of the 55+ Virtual Games. Do Your Thing, Your Way!

Include all your activities each day (amount of time in minutes or distance in metres/kms or number of games played).

JULY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Keep it up – you're doing great!	Invite a friend to participate	Enjoy the many benefits of physical activity.			17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Be a participant; be known for being a participant; and invite someone else to be a participant in the 2021 MB 55+ Games!

MB 55+ Virtual Games

Physical Activity Tracker

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	1
9	10	11	12	13	14	8
16	17	18	19	20	21	15
						22

Challenge: Invite a friend to participate. Have a friendly competition - who can populate their calendars more?

MB 55+ Virtual Games

Physical Activity Tracker

AUGUST



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
23	24	25	26	27	28	29
30	31					

You completed the 2021 Manitoba 55+ Games presented by Playnow.com!

CONGRATULATIONS for completing a summertime full of activity. For your overall health and wellbeing AAIM encourages you to stay active and engaged. Sign up for our e-newsletter, stay connected and informed throughout the year -[CLICK HERE](#)

When you have completed your Activity Tracker, send it to Active Aging in Manitoba and be entered into a draw for great prizes

By Mail:

By Email:

AAIM, 1075 Leila Avenue, manitoba55plusgames@gmail.com
Winnipeg, MB R2P 2W7

Name: _____

Address: _____

Email: _____

Please send me updates on the plans & registration for the 2022 MB 55+ Games.