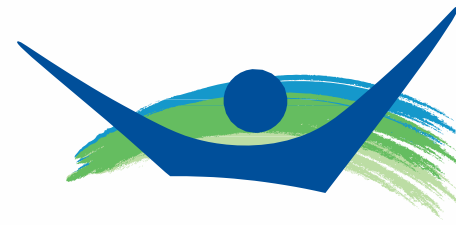


Manitoba 55+ Games Physical Activity Tracker



**Manitoba
55+ Games**

PRESENTED BY  **PLAYNOW**

Virtually June 14 – August 31, until we can meet again.

Count yourself in! Stay safe, active and HAVE FUN!

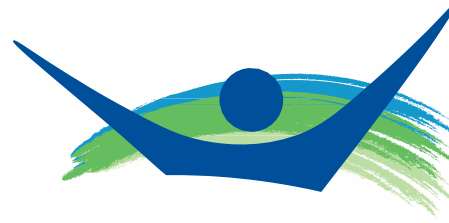
Include all of your activities each day (amount of time in minutes or distance in metres/kms or number of games played).

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Stay safe, stay healthy!	You can do it!	Keep up the great work!	

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

Manitoba 55+ Games Physical Activity Tracker



**Manitoba
55+ Games**

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JULY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HAVE FUN!	Way to go!	You're almost halfway there!	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	Keep it up. You're doing great!	

Name: _____

Address: _____

Email: _____

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

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:

AAIM, 1075 Leila Avenue,
Winnipeg, MB R2P 2W7

By Email:

manitoba55plusgames@gmail.com