

# Manitoba 55+ Virtual Games Physical Activity Tracker



## JULY 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
					<p>Congratulations! You completed the 2022 MB 55+ Games presented by Playnow.com!</p>	

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

Email: \_\_\_\_\_

When you have completed your Activity Tracker, send it to ActiveAging in Manitoba and be entered into a draw for great prizes! [manitoba55plusgames@gmail.com](mailto:manitoba55plusgames@gmail.com)