

Manitoba 55+ Virtual Games Physical Activity Tracker



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

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

JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	14	15	16	10/17	11/18	12/19
20	21	22	23	24	25	26
27	28	29	30			

