



RECORD SHEET
THE CHALLENGE: 30 MINS. EACH DAY,
FOUR DAYS A WEEK, FOR A MONTH!

Record the type of activity and amount of time for each then calculate your total for the day.

Whichever activity you choose, have fun doing it!

Contact us the next Monday for a chance to win great prizes!

Town of Shelburne, Parks & Recreation Department 875-3873 tnshelb@auracom.com

Municipality of the District of Shelburne Recreation & Parks 875-3544ex225 mjohnston@municipalityofshelburne.ca

| Week 1 Jan 31st - 6th | Activity & Time | Total Time | Week 2 Feb 7th - 13th | Activity & Time | Total Time |
|--------------------------------------------------------------|----------------------------|-------------------|--------------------------------------------------------------|----------------------------|-------------------|
| Jan 31 | | | Feb 7 | | |
| Feb 1 | | | Feb 8 | | |
| Feb 2 | | | Feb 9 | | |
| Feb 3 | | | Feb 10 | | |
| Feb 4 | | | Feb 11 | | |
| Feb 5 | | | Feb 12 | | |
| Feb 6 | | | Feb 13 | | |

Call in February 8th

Call in February 15th

| Week 3 Feb 14th - 20th | Activity & Time | Total Time | Week 4 Feb 21st - 27th | Activity & Time | Total Time |
|---------------------------------------------------------------|----------------------------|-------------------|---------------------------------------------------------------|----------------------------|-------------------|
| Feb 14 | | | Feb 21 | | |
| Feb 15 | | | Feb 22 | | |
| Feb 16 | | | Feb 23 | | |
| Feb 17 | | | Feb 24 | | |
| Feb 18 | | | Feb 25 | | |
| Feb 19 | | | Feb 26 | | |
| Feb 20 | | | Feb 27 | | |

Call in February 22nd

Call in March 1st