



Burnaby Central Physical Activity Challenge!

The following chart is used to document your physical activity over Wellness Week (May 3 to May 7th). Log your physical activity and hand the form to Ms. Lawrence (becky.lawrence@burnabyschools.ca) by FRIDAY at 10am to be entered in a draw for GRAND PRIZES!!!

	Date	Activity Type	Distance	Time
<i>Example</i>	<i>May 3</i>	<i>Biked to work</i>	<i>6km</i>	<i>1 hour</i>
1				
2				
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4				
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