active switch

A PROGRAM OF SUSTAINMOBILITY

ACTIVITY TRACKER

Use the below legend to track your activity

LEGEND

Purpose

C	Commute
B	Business
P	Personal
E	Exercise
EV	Event (*Event Name*)

Activity

W	Walking
C	Cycling
S	Skateboarding
Ro	Rollerblading
R	Running
O	Other

Log your activity online at www.activeswitch.ca/community from your Activity Tracker for a chance to WIN monthly prizes.

Date	Purpose	Activity	Distance/Duration	
Jan 1	B	W	4	Steps|**Km**|Min
July 1	EV (Canada Day)	C	20	Steps|Km|**Min**
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KIND

ParticipACTION Network Member