

Date	Purpose	Activity	Distance/Duration
Jan 1	B	W	4
July 1	EV (Canada Day)	C	20



Log your activity online at [activeswitch.ca/community](https://activeswitch.ca/community) from your Activity Tracker for a chance to WIN monthly prizes.

**LEGEND**

Use the below legend to track your activity

Purpose		Activity	
C	Commute	W	Walking
B	Business	C	Cycling
P	Personal	S	Skateboarding
E	Exercise	Ro	Rollerblading
EV	Event (Event Name)	R	Running
		O	Other

Step 2: Fold page along this GREY line. Logo facing in.

STEP 2 (fold along grey line)



How to make your own wallet sized activity tracker

Step 1: Fold page along this GREY line. Logo facing out.

Two wallet sized trackers can be cut out from this document

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