

STRATFORD ROTARY KIDS FUN MINI-MARATHON SELF TRACKING FORM

APRIL					MAY	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 Start walk	28	29 Sing when you walk	30	1 Turn off the screens	2
3	4	5 Drink water	6 Play tag	7 Wear sunscreen	8	9
10	11 Rotary is a charity that helps you	12	13 Walk your dog	14	15 Hop when you walk	16
17	18	19 Walk your cat	20	21 Try walking for 11 minutes today	22	23
24	25 Skip when you walk	26	27 Eat vegetables everyday	28 Go hiking	29 Walk backwards	30

MAY	JUNE					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Rotary wants you to be healthy	2	3 Rotary wants to cure polio	4 Try dragon boating	5 Go for a swim	6
7	8 Dance	9	10 Eat fruit everyday	11 Final 1.2 km	12	13

You can get another copy of this calendar: www.rotarystratford.com

For more information: www.hpinmotion.ca

WITH A HEALTHIER LIFESTYLE – WE ARE SUPPORTING HEALTHIER AND HAPPIER KIDS