



# Win a Bike!

**Instructions:**

1. Complete the allotted number of physical activity minutes to race your way through each province! Start in Newfoundland and race to the finish in British Columbia!
2. Throughout the month of June, record your physical activity minutes on the map.
3. Complete the map of Canada and submit your map by July 5 to any municipal recreation facility to enter into a draw to win a bike!

*Good Luck and Stay Summer Active!*

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

