

2020 APRIL

Name: _____ Age: _____

Phone: _____ E-mail: _____



PARTICIPATE IN ANY OF THESE FREE ACTIVITIES, OR DO SOMETHING ON YOUR OWN!

ACTIVITY RECORD INSTRUCTIONS:

Record physical activity minutes done each day in the calendar below. Submit your calendar to harveycommunitydays@gmail.com by May 3 for the chance to WIN!

Prizes for most active Youth, Adult (18+) and Senior (55+)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
		1	2	3	4	5	
		10 am - Activity Challenge Kick-off Walk/Run from wherever you like!	PE with Joe (kid friendly) - 9 am Live on YouTube Zumba on ZOOM with Colleen Jesso - 6:30 pm	PE with Joe (kid friendly) - 9 am Live on YouTube	Online HIIT Class - 9 am Find on HCD Facebook Cosmic Kids Yoga - 11am find on YouTube		
6	7	8	9	10	11	12	
Zumba Gold on ZOOM with Colleen Jesso - 11am Online HIIT Class - 7 pm find on HCD Facebook	"PE with Joe (kid friendly) 9 am Live on YouTube Gentle Fit - 10:30 am on HCD Facebook page	Online HIIT Class - 7 pm find on Harvey Community Days Facebook Page	PE with Joe (kid friendly) - 9 am Live on YouTube Zumba on ZOOM with Colleen Jesso - 6:30 pm	PE with Joe (kid friendly) - 9 am Live on YouTube	Online HIIT Class - 9 am Find on HCD Facebook Cosmic Kids Yoga - 11am find on YouTube		
13	14	15	16	17	18	19	
Zumba Gold on ZOOM with Colleen Jesso - 11am Online HIIT Class - 7 pm find on HCD Facebook	"PE with Joe (kid friendly) 9 am Live on YouTube Gentle Fit - 10:30 am on HCD Facebook page	Online HIIT Class - 7 pm find on Harvey Community Days Facebook Page	PE with Joe (kid friendly) - 9 am Live on YouTube Zumba on ZOOM with Colleen Jesso - 6:30 pm	PE with Joe (kid friendly) - 9 am Live on YouTube	Online HIIT Class - 9 am Find on HCD Facebook Cosmic Kids Yoga - 11am find on YouTube		
20	21	22	23	24	25	26	
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27	28	29	30				
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For links to online activities please see: www.harveycommunitydays.com					GRAND TOTAL		