

Participant _____ Page _____ of _____

Address: _____ Daytime phone: _____ Email _____



Middlesex-Elgin

Live Every Day – ACTIVITY CHALLENGE tracking sheet in support of the VON Run, Walk ‘N’ Roll event

Register online at www.vonme.ca, track your Virtual Live Every Day activity below and email or share your activity photos on facebook to [@VictorianOrderofNursesME](https://www.facebook.com/VictorianOrderofNursesME) or Kerry.blackwell@von.ca

All registrants will receive an event t-shirt and our gratitude for supporting the health of our community!



Live Every Day goal:

Activity	Date completed	Time, repetitions or distance completed
GOAL ACHIEVED!		