**KVMS May 19th to May 22nd Activity Challenge**

**What is it?**

Track your Physical Activity each day Tuesday through Friday this week and email crystal.bourgoin@nbed.nb.ca at the end of the week with your complete tracker. If your class is on teams you can send it to me that way too. A prize will be drawn!

**What is a tracker?**

The day, activity you choose to stay active and the amount of time you spend doing it☺. Please fill out each day for 4 days. This helps you track how active you are. **Remember to get your heart rate up for 30mins.**

**Below is a list of fun ways to keep up with your Physical Activity to support mental health and well-being during this time:**

**Family workouts:** [**https://vimeo.com/showcase/6880106**](https://vimeo.com/showcase/6880106)

**Mini Putt Course:** [**https://www.youtube.com/watch?v=H0c5bC15tcM&t=9s**](https://www.youtube.com/watch?v=H0c5bC15tcM&t=9s)

**At Home games and work outs for Phys. Ed:** [**https://drive.google.com/file/d/1myqwWuVSZD5ligm8r20Xhd8wg6\_0u4d6/view**](https://drive.google.com/file/d/1myqwWuVSZD5ligm8r20Xhd8wg6_0u4d6/view)

Feel free to email me: [crystal.bourgoin@nbed.nb.ca](mailto:crystal.bourgoin@nbed.nb.ca) ☺. Your teachers love hearing from you! A picture of you participating in one of these activities would be awesome!