



STAND UP & MOVE FAMILY CHALLENGE



CHILDREN'S
AID FOUNDATION
OF CANADA

MONTH:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

mi/km: speed: time: steps: notes:	mi/km: speed: time: steps: notes:	mi/km: speed: time: steps: notes:	mi/km: speed: time: steps: notes:	mi/km: speed: time: steps: notes:	mi/km: speed: time: steps: notes:	mi/km: speed: time: steps: notes:
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