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MOTION CHALLENGE

INDEPENDENT LIVING ACROSS CANADA DAY

CHALLENGE: Any form of exercise - walk, run, exercise bike, horseback riding, ROM exercises, yoga, ATV'g, etc. - any type of movement counts!

TIME PERIOD: May 15 - June 5, 2023

RISE's GOAL: 8030 KM (just under 5000 miles) - that's the distance, coast-to-coast across Canada. Let's see if we can aim for this!

PLEDGE FORM

Participant Name: _____

Email Address: _____

Participant's Goal: _____

* To Record Your Time (15 mins = 1 km) *

Pledge Name (First & Last)	Address or Email	Pledge Amount
	TOTAL PLEDGE AMOUNT:	\$

