

WALK & SWIM

Activity Challenge



Name: _____

Phone number: _____

Email: _____

Track the number of laps you swim at the North Peace Leisure Pool and the number of laps you walk at the Northern Vac Track at the Pomeroy Sport Centre from Jan 4 - Feb 28, 2026.

JAN 4 - FEB 28								
Week 1	Sunday, Jan 4	Monday, Jan 5	Tuesday, Jan 6	Wednesday, Jan 7	Thursday, Jan 8	Friday, Jan 9	Saturday, Jan 10	WEEKLY TOTAL
Jan 4-10								
Week 2	Sunday, Jan 11	Monday, Jan 12	Tuesday, Jan 13	Wednesday, Jan 14	Thursday, Jan 15	Friday, Jan 16	Saturday, Jan 17	WEEKLY TOTAL
Jan 11-17								
Week 3	Sunday, Jan 18	Monday, Jan 19	Tuesday, Jan 20	Wednesday, Jan 21	Thursday, Jan 22	Friday, Jan 23	Saturday, Jan 24	WEEKLY TOTAL
Jan 18-24								
Week 4	Sunday, Jan 25	Monday, Jan 26	Tuesday, Jan 27	Wednesday, Jan 28	Thursday, Jan 29	Friday, Jan 30	Saturday, Jan 31	WEEKLY TOTAL
Jan 25-31								
Week 5	Sunday, Feb 1	Monday, Feb 2	Tuesday, Feb 3	Wednesday, Feb 4	Thursday, Feb 5	Friday, Feb 6	Saturday, Feb 7	WEEKLY TOTAL
Feb 1-7								
Week 6	Sunday, Feb 8	Monday, Feb 9	Tuesday, Feb 10	Wednesday, Feb 11	Thursday, Feb 12	Friday, Feb 13	Saturday, Feb 14	WEEKLY TOTAL
Feb 8-14								
Week 7	Sunday, Feb 15	Monday, Feb 16	Tuesday, Feb 17	Wednesday, Feb 18	Thursday, Feb 19	Friday, Feb 20	Saturday, Feb 21	WEEKLY TOTAL
Feb 15-21								
Week 8	Sunday, Feb 22	Monday, Feb 23	Tuesday, Feb 24	Wednesday, Feb 25	Thursday, Feb 26	Friday, Feb 27	Saturday, Feb 28	WEEKLY TOTAL
Feb 22-28								
								OVERALL TOTAL

BENCHMARKS:

- 400 laps = A chance to win a fitness tracker or \$100 gift card
- 200 laps = A chance to win a gift basket

Submission Deadline: Moday, March 2, 2026 by 4:30 PM - email completed form to recreation@fortstjohn.ca or drop off at the Visitor Centre or North Peace Leisure Pool.