

#GetAjaxMoving



Monthly Challenges

Complete this biking challenge! Email this page to getajaxmoving@ajax.ca or post a picture of it to Twitter [@townofajax](https://twitter.com/townofajax) or facebook.com/myajax with [#GetAjaxMoving](https://twitter.com/hashtag/GetAjaxMoving) to win prizes.

Access more resources related to walking, biking, taking transit, carpooling, and working from home at ajax.ca/getajaxmoving. For more information about #GetAjaxMoving:

Email: getajaxmoving@ajax.ca
Facebook: facebook.com/myajax

Phone: 905-619-2529, ext. 3238
Twitter: [@townofajax](https://twitter.com/townofajax)

Biking

Challenges (points)	Week 1	Week 2	Week 3	Week 4
Bike to work or school (5/trip)				
Take your bike on a bus or train (10)				
Take your bike in for a tune up (5)				
Bike to an Ajax Public Library or Community Centre (5)				
Bike to shop (5/trip)				
Bike to do an errand (5/trip)				
Explore a new cycling trail (5)				
Weekly Total:				
Grand Total:				