

# #GetAjaxMoving



## Monthly Challenges

Complete this walking challenge! Email this page to [getajaxmoving@ajax.ca](mailto:getajaxmoving@ajax.ca) or post a picture of it to Twitter [@townofajax](https://twitter.com/townofajax) or [facebook.com/myajax](https://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](https://ajax.ca/getajaxmoving). For more information about #GetAjaxMoving:

Email: [getajaxmoving@ajax.ca](mailto:getajaxmoving@ajax.ca)  
Facebook: [facebook.com/myajax](https://facebook.com/myajax)

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

## Walking

Challenges (points)	Week 1	Week 2	Week 3	Week 4
Walk to work or school (5/trip)				
Walk instead of drive to the GO Station (10)				
Get off the bus one stop earlier and walk (5)				
Walk to an Ajax Public Library or Community Centre (5)				
Walk to shop/do an errand (5/trip)				
Explore 1 of the 3 creek trails or the Waterfront Trail (5)				
Weekly Total:				
Grand Total:				