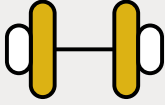


PARTICIPATE IN THE JUNE

# BUDDY UP CHALLENGE

Visit [buddyup.ca/challenge](http://buddyup.ca/challenge) at the end of June to submit your activities.

#01 EXERCISE WITH YOUR BUDDY



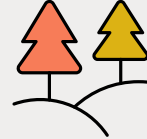
#02 HAVE COFFEE WITH A BUDDY



#03 CHECK OUT A BUDDY UP WEBINAR



#04 GET OUTDOORS WITH YOUR BUDDY



#05 HAVE A BBQ WITH BUDDIES



#06 REGISTER FOR CSP'S RUN FOR LIFE



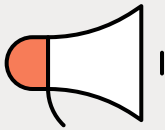
#07 SEND A SONG/MEME/ JOKE TO YOUR BUDDY



#08 RECONNECT WITH A DISTANT BUDDY



#09 SHARE A BUDDY UP POST FROM @CSPYYC



#10 WATCH SPORTS WITH YOUR BUDDY



#11 CELEBRATE FATHER'S DAY



#12 GAME WITH YOUR BUDDY



#13 SHARE A MEAL WITH A BUDDY



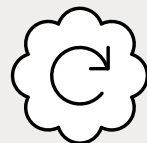
#14 POST WHAT YOU'VE DONE USING #BUDDYUP



#15 READ & DISCUSS WITH YOUR BUDDY



#16 REPEAT AN ACTIVITY OR CHOOSE YOUR OWN



WEEK 1  
CHALLENGE

WEEK 2  
CHALLENGE

WEEK 3  
CHALLENGE

WEEK 4  
CHALLENGE

## Prize Information

Bronze (10 – 14 activities): enter a draw to win one of five \$100 Amazon gift cards.

Silver (15 – 17 activities): enter a draw to win one of three \$250 Amazon gift cards.

Gold (18 – 20 activities): enter a draw to win one of two \$500 Amazon gift cards.

\*Activities must be completed between June 1-30, 2021. Gift card amounts listed are in CAD.



[BUDDYUP.CA/CHALLENGE](http://BUDDYUP.CA/CHALLENGE)