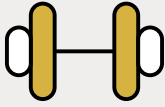


BUDDY UP JUNE CHALLENGE

Visit buddyup.ca/challenge at the end of June to submit your activities.

#01 EXERCISE WITH
YOUR BUDDY



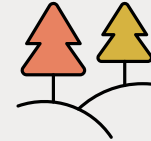
#02 HAVE COFFEE
WITH A BUDDY



#03 CHECK OUT A BUDDY
UP WEBINAR



#04 GET OUTDOORS WITH
YOUR BUDDY



#05 HAVE A BBQ WITH
BUDDIES



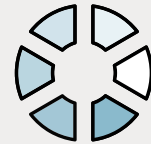
#06 REGISTER FOR CSP'S
RUN FOR LIFE



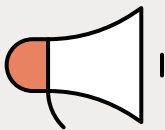
#07 SEND A SONG/MEME/
JOKE TO YOUR BUDDY



#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



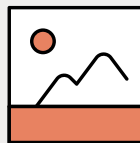
#12 GAME WITH
YOUR BUDDY



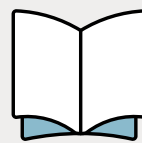
#13 SHARE A MEAL WITH
A BUDDY



#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. Gift card amounts listed are in CAD.



BUDDYUP.CA/CHALLENGE