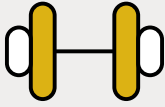


PARTICIPATE IN THE JUNE

BUDDY UP CHALLENGE

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

#01 EXERCISE WITH YOUR BUDDY



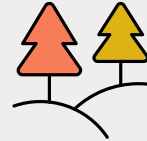
#02 HAVE COFFEE WITH A BUDDY



#03 CHECK OUT A BUDDY UP WEBINAR



#04 GET OUTDOORS WITH YOUR BUDDY



#05 HAVE A BBQ WITH BUDDIES



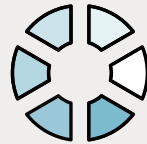
#06 REGISTER FOR CSP'S RUN FOR LIFE



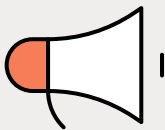
#07 SEND A SONG/MEME/ JOKE TO YOUR BUDDY



#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



BUDDYUP.CA/CHALLENGE