

MENTAL HEALTH AND PHYSICAL HEALTH GO HAND IN HAND



PARTICIPACTION

Community Better

CHALLENGE

IT'S UP TO YOU TO KEEP TRACK

GET ACTIVE.

TRACK IT.

BE MINDFUL.

LIVE IT.

TRACKING JOURNAL

NAME: _____

PHONE #: _____



EDSON.CA/CEAT



Download the easy way to get active.

The active app for everyone.



PARTICIPACTION



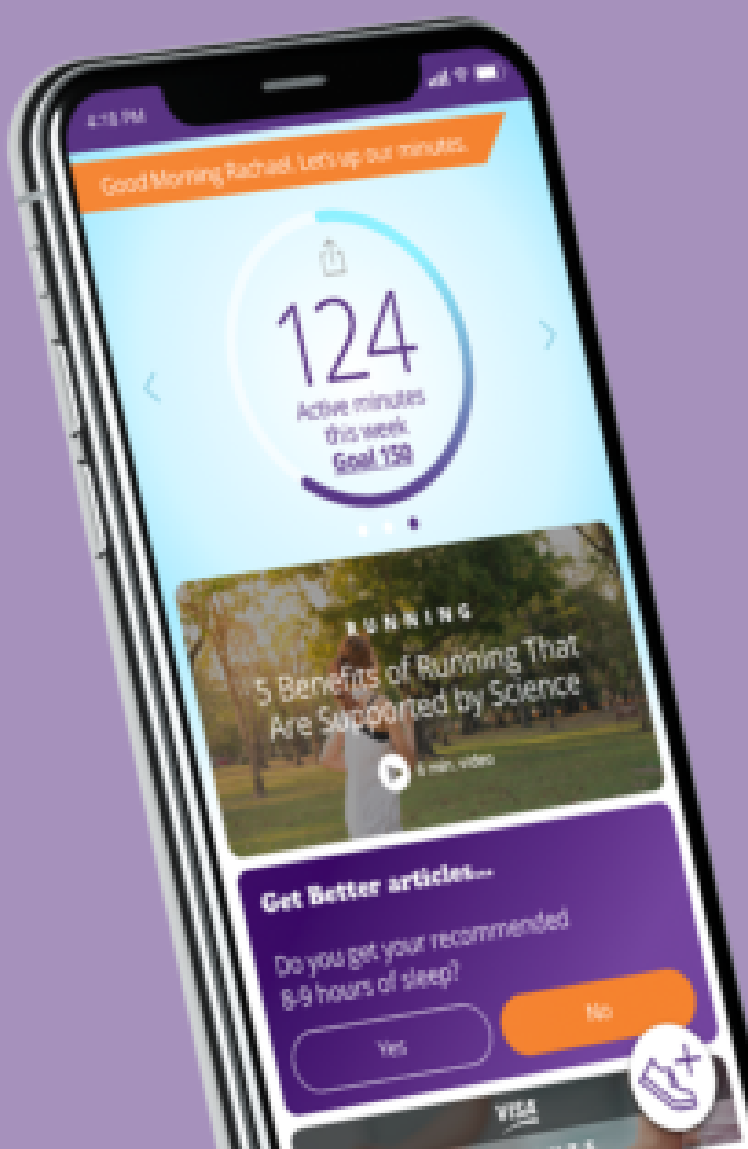
YOU CAN'T BE KIND TO OTHERS

JOIN THE COMMUNITY ENGAGEMENT ACTION TEAM AND TRACK YOUR ACTIVITY DURING THE MONTH OF JUNE. GRAB A TRACKING JOURNAL AT SOBEYS EDSON FOR A CHANCE TO WIN 1 OF 3 GRAND PRIZES AND DOWNLOAD THE PARTICIPACTION APP TO TRACK MOVEMENT.

UNLESS YOU'RE KIND TO YOURSELF

DON'T HAVE A SMARTPHONE?
TRACK ON THE WEBSITE:
PARTICIPACTION.COM

CREATE AN ACCOUNT AND
TRACK YOUR MOVEMENT
RIGHT ON THE WEBSITE



FREE CHECK-IN VIDEOS POSTED EVERY MONDAY IN JUNE
HEAD TO THE CEAT FACEBOOK PAGE @CEAT2017 FOR ACCESS



VIDEO SCHEDULE:

JUNE 7 AT 9 AM

YOGA WITH UPTOWN YOGA

JUNE 14 AT 9 AM

MEDITATION WITH I AM OM

JUNE 21 AT 9 AM:

YOGA WITH UPTOWN YOGA

JUNE 28 AT 9 AM:

MEDITATION WITH I AM OM

I  am
OM



HOW TO FILL OUT YOUR TRACKING JOURNAL

CHECK IN WITH YOURSELF EVERY DAY IN JUNE.

ASK YOURSELF THESE QUESTIONS:

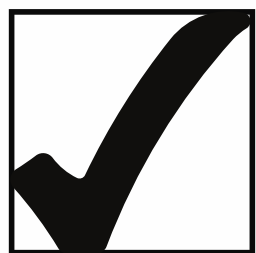
-HOW WAS I MINDFUL TODAY?

-HOW DID I TAKE CARE OF MY BODY TODAY?

CHECK EACH BOX AND MAKE A QUICK NOTE OF WHAT YOU DID TO STAY ACTIVE AND BE MINDFUL.

EXAMPLE:

JUNE 7, 2021



I STAYED ACTIVE

Tuned into free yoga today!



I WAS MINDFUL

I wrote in my journal before bed.

#COMMUNITYBETTER

**LET'S GET
STARTED.**

**YOU CAN'T BE KIND
TO OTHERS UNTIL
YOU'VE BEEN KIND
TO YOURSELF.**

**CHECK-IN DAILY
AND ASK
YOURSELF:**

-HOW WAS I
MINDFUL TODAY?
-HOW DID I TAKE
CARE OF MY BODY
TODAY?

**ENTER TO WIN THE
CONTEST, DETAILS
CAN BE FOUND AT
THE END OF THIS
BOOKLET.**

LET'S MOVE!

TUES. JUNE 1

I STAYED ACTIVE

I WAS MINDFUL

WED. JUNE 2

I STAYED ACTIVE

I WAS MINDFUL

THURS. JUNE 3

I STAYED ACTIVE

I WAS MINDFUL

FRI. JUNE 4

I STAYED ACTIVE

I WAS MINDFUL

SAT. JUNE 5

I STAYED ACTIVE

I WAS MINDFUL

SUN. JUNE 6

I STAYED ACTIVE

I WAS MINDFUL

HEAD TO THE CEAT
FACEBOOK PAGE FOR THE
WEEKLY CHECK-IN TODAY!

MON. JUNE 7

I STAYED ACTIVE

I WAS MINDFUL

TUES. JUNE 8

I STAYED ACTIVE

I WAS MINDFUL

WED. JUNE 9

I STAYED ACTIVE

I WAS MINDFUL

THURS. JUNE 10

I STAYED ACTIVE

I WAS MINDFUL

FRI. JUNE 11

I STAYED ACTIVE

I WAS MINDFUL

SAT. JUNE 12

I STAYED ACTIVE

I WAS MINDFUL

SUN. JUNE 13

I STAYED ACTIVE

I WAS MINDFUL

HEAD TO THE CEAT
FACEBOOK PAGE FOR THE
WEEKLY CHECK-IN TODAY!

MON. JUNE 14

I STAYED ACTIVE

I WAS MINDFUL

TUES. JUNE 15

I STAYED ACTIVE

I WAS MINDFUL

WED. JUNE 16

I STAYED ACTIVE

I WAS MINDFUL

THURS. JUNE 17

I STAYED ACTIVE

I WAS MINDFUL

FRI. JUNE 18

I STAYED ACTIVE

I WAS MINDFUL

SAT. JUNE 19

I STAYED ACTIVE

I WAS MINDFUL

SUN. JUNE 20

I STAYED ACTIVE

I WAS MINDFUL

HEAD TO THE CEAT
FACEBOOK PAGE FOR THE
WEEKLY CHECK-IN TODAY!

MON. JUNE 21

I STAYED ACTIVE

I WAS MINDFUL

TUES. JUNE 22

I STAYED ACTIVE

I WAS MINDFUL

WED. JUNE 23

I STAYED ACTIVE

I WAS MINDFUL

THURS. JUNE 24

I STAYED ACTIVE

I WAS MINDFUL

FRI. JUNE 25

I STAYED ACTIVE

I WAS MINDFUL

SAT. JUNE 26

I STAYED ACTIVE

I WAS MINDFUL

SUN. JUNE 27

I STAYED ACTIVE

I WAS MINDFUL

HEAD TO THE CEAT
FACEBOOK PAGE FOR THE
WEEKLY CHECK-IN TODAY!

MON. JUNE 28

I STAYED ACTIVE

I WAS MINDFUL

TUES. JUNE 29

I STAYED ACTIVE

I WAS MINDFUL

WED. JUNE 30

I STAYED ACTIVE

I WAS MINDFUL

EXTRA NOTES:

ALL SET?

DROP YOUR COMPLETED JOURNAL IN THE TOWN OF EDSON DROP-BOX OR IN THE PURPLE BOX FOUND AT CUSTOMER SERVICE AT SOBEYS FROM JULY 1-4 TO BE ENTERED TO WIN 1 OF 3 PRIZES. PHOTOS OF PRIZES CAN BE FOUND AT EDSON.CA/CEAT

YOU CAN'T BE KIND TO OTHERS UNLESS YOU'RE KIND TO YOURSELF

DON'T FORGET TO
DOWNLOAD THE
PARTICIPACTION
APP TO PUT EDSON
ON THE MAP!



Please circle which prize you'd be most interested in receiving:

\$50 Sobeys gift card and a Healthy Eating Basket

\$50 Canadian Tire gift card and a Summer Sport Basket

\$75 Edson Bucks

GET ACTIVE.

TRACK IT.

BE MINDFUL.

LIVE IT.

BETTER YOU

=

BETTER COMMUNITY



