

COMMUNITY CARD #2

DUE _____

Name: _____ Date submitted: _____

Activity Completed for last Community Card: _____

The following are recommended community activities:

Aerobics (recreation center)	Swimming (recreation center)
Weight Training (recreation center)	Community Runs
Golf (9 or 18 holes)	First Aid
Squash/Racquetball	Skiing/Snowboarding
Volunteering for an activity related to sports or health	

Evidence such as a receipt, pass and/or scorecard must be attached to the community card.

Please answer the following questions

1. What activity did you do?
2. What did you or did you not enjoy about this activity?
3. What were the most positive and negative aspects of this activity?
4. In what ways did you find this activity challenging?
5. Would you do this activity again? Explain why or why not.

COMMUNITY CARD #1

DUE _____

Name: _____

Date submitted: _____

The following are recommended community activities:

Aerobics (recreation center)

Swimming (recreation center)

Weight Training (recreation center)

Community Runs

Golf (9 or 18 holes)

First Aid

Squash/Racquetball

Skiing/Snowboarding

Volunteering for an activity related to sports or health

Evidence such as a receipt, pass and/or scorecard must be attached to the community card.

Please answer the following questions

1. What activity did you do?
2. What did you or did you not enjoy about this activity?
3. What were the most positive and negative aspects of this activity?
4. In what ways did you find this activity challenging?
5. Would you do this activity again? Explain why or why not.