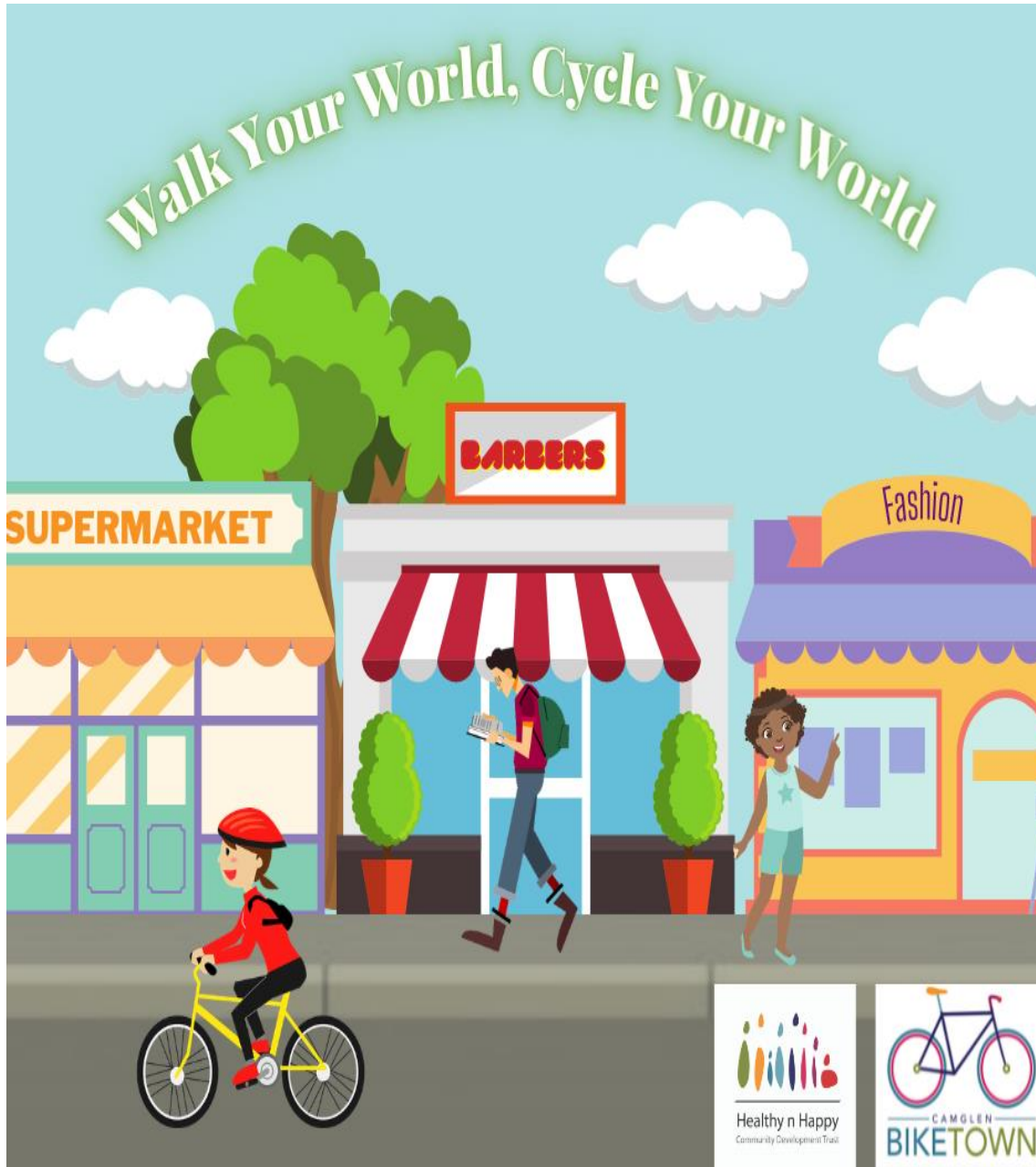


BikeTown June Challenge



| Activity | To Do | Done! |
|---------------------------------------|---|---|
| 1. Leisure Ride | Go for a ride just for the fun of it! Join a social ride, hit the local park or go explore somewhere new... Convince a friend or family member to go for a cycle with you. Take a photo! | <input type="checkbox"/> Date: _____ |
| 2. Visit a friend / relative | Pop in and see a pal unannounced, return a book you borrowed, visit your mum/gran... Visit any friend or relative and take a photo! *Bonus points if you can convince them to go riding/walking with you | <input type="checkbox"/> Date: _____ |
| 3. Get FUNctional | Use your bike to get to the shops, go for a haircut, commute to work or cycle to school... Any functional journey counts as long as you used the bike instead of the car / bus / train. | <input type="checkbox"/> Date: _____ |
| 4. Fix Your Own Bike / Bike Shop ride | Do some maintenance on your bike or ride to your local bike shop for a bike chat! Oil your chain, Pump up your tyres, fix or replace a part. Cleaning your bike counts! Take it for a test ride and take a photo! | <input type="checkbox"/> Date: _____ |
| 5. Smiles 4 Miles | Clock up the miles! Plot a route and aim for riding at least 4 miles. Take your time and take a smiley bike selfie! | <input type="checkbox"/> Date: _____ |
| 6. Random Act of Kindness | It's nice to be nice! Help a stranger, take a gift to your friend, help your dad with the gardening, get a neighbour's shopping, bake a cake for someone. | <input type="checkbox"/> Date: _____ |