



Champion

Name: _____

What Activities Keep You Fit and Active?



What Motivated You to Become Active?

How Do You Motivate Yourself to Stay Fit?

What Are the Benefits of Being Fit for You?

Who Are / Were Your Role Models?

Hobbies / Interests?

Thrills?

Favourite Things?

Favourite Quotes?

Send your completed Active Champion Profile to: activecommunities@vancouver.ca

To View Examples of Active Champions in Vancouver go to:
www.activecommunitiesvancouver.ca Click on Active Champions

