

May 2021

Family Friendly



Sydney Children's
Hospitals Foundation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						40 min ride: explore your local area 1
1 hour ride: explore local mountain bike trails or pathways 2	3	30 min afternoon ride 4	5	30 min afternoon ride 6	7	40 min ride: try a new trail or pathway and track your loop on an app like Strava 8
1 hour ride: SUNDAY FUNDAY – stop for lunch and to smell the roses 9	10	35 min afternoon ride 11	12	35 min afternoon ride 13	14	Enjoy a change of pace together with some stretching, meditation, yoga, or a power walk 15
1.5 hour ride: get out in nature. What native flowers can you find? Post a pic on the P4K Facebook event page 16	17	18	1 hour afternoon ride 19	20	Ride to and from school or do a 45 min afternoon ride 21	45 min ride: play Heads or Tails to decide who chooses the path 22
1.5 hour ride: stop for a break and take a group pic in a favourite scenic setting 23	24	45 min afternoon ride: make it fun and race each other to a certain point. eg. a light pole or street sign 25	26	30 min afternoon ride 27	28	1 hour 45 min ride: explore your local bike pathways 29
2 hour ride: take a fun family cycling pic and post on our event Facebook page 30	Enjoy your new fitness and continue with your healthy journey. Thank you for shining a light on kids' respiratory illnesses! 31					