Seasonal Fitness Challenge Registration Form

To participate in the full season, register at least two days prior to the start of the new season; otherwise, register anytime to join the program and be eligible for monthly drawings and health tips. If you have already registered for a previous season, there is no need to re-register.

EIN: _____ **NAME:** _____

DEPT: _____ **PHONE:** _____

WORK ADDRESS: _____

EMAIL: _____

Important Dates to Remember:

Spring Fitness Challenge
March 1 – May 30
Exercise Logs due by June 7

Summer Fitness Challenge
June 1 – August 31
Exercise Logs due by September 7

Fall Fitness Challenge
September 1 – November 20
Exercise Logs due by December 7

Winter Fitness Challenge
December 1 – February 28
Exercise Logs due by March 7

By submitting this form you are committing to tracking your exercise minutes each month and submitting them to Employee Wellness at the end of each season. You will receive a Welcome Letter to familiarize yourself with the program.

- ☐ Please send me weekly fitness tips and important reminders
- ☐ Please send me important reminders only
- ☐ Please do not send me weekly fitness tips or important reminders

Employee Wellness
Wellness webpage

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