



A Healthier Weigh 2019

“Trek to the Summit” ENTRY FORM

Entry Fee: \$40/person; \$160/team of 4 persons - due prior to weigh-ins.

Return To: County Extension Office with checks or cash.

Each challenge participant agrees to:

- Be present for the challenge weigh-in and weigh-out. Coordinate a weigh-in time with Extension Agent. Contact us if there is a scheduling conflict so an alternative time can be set up.
- Complete a pre and post assessment on health and fitness.
- Complete a Participant Summary and Program Consent Form stating they are aware of risks and benefits associated with exercising and weight loss.
- Access bi-weekly online newsletter about nutrition, health and fitness and complete Reflections/activities.
- Record daily dedicated physical activity in minutes; report weekly to Team Captain who reports weekly to Extension Office.

TEAM NAME _____

Requested Weigh-In Date/Time _____

Please clearly print all info and include email addresses!

Name - Team Member #1 (Team Captain) _____

Mailing Address _____ City & Zip _____

Phone: _____ Cell: _____ Email: _____

Name - Team Member #2 _____

Mailing Address _____ City & Zip _____

Phone: _____ Cell: _____ Email: _____

Name -Team Member #3 _____

Mailing Address _____ City & Zip _____

Phone: _____ Cell: _____ Email: _____

Name - Team Member #4 _____

Mailing Address _____ City & Zip _____

Phone: _____ Cell: _____ Email: _____

