



A Healthier Logan County in 2008

Entry Fee: \$150 for a team of 3 persons due Tuesday, January 15, 2008

- Each 3-member team will agree to:
- Be present for the team weigh-in and weigh-out (contact us if there is a schedule conflict).
- Complete a pre and post evaluation on health and fitness.
- Complete a Participant Summary and Program Consent Form stating they are aware of risks and benefits associated with exercising and losing weight.
- Have at least one team member receive weekly program information by either attending a program, accessing on internet, or pick up from the Extension Office to share with other team members. **All** team members should complete weekly program questions to earn team points.
- Record daily pedometer steps and report weekly to team leader who reports to the Extension Office.

Return Entry Form To: Logan County Extension, 508 S 10th Ave., Ste.1, Sterling, CO 80751
or FAX to: 970-522-7856

TEAM NAME _____

Team Member #1 _____ (Team Leader/ Contact)

Mailing Address _____ City & Zip _____

Phone: _____ Email: _____

Select Choice of: T-Shirt – adult size needed _____
 Health and Wellness Cookbook

Team Member #2 _____

Mailing Address _____ City & Zip _____

Phone: _____ Email: _____

Select Choice of: T-Shirt – adult size needed _____
 Health and Wellness Cookbook

Team Member #3 _____

Mailing Address _____ City & Zip _____

Phone: _____ Email: _____

Select Choice of: T-Shirt – adult size needed _____
 Health and Wellness Cookbook

