

**POINTS TO  
REMEMBER!**

\*Any type  
of exercise counts

Indoor or outdoor

Round your time to the  
1/4 hour

Sign your name to  
each month & log  
your hours &  
activities.

**Please send your  
completed log to  
Linda Hartkopf by  
Tuesday, March 6th  
to be entered into  
the drawings on  
Friday, March 7th.**

You can join at any time  
and be eligible for the  
drawings by completing  
the log.

Each month of activity  
gives you one entry into  
the drawings (ie: partici-  
pate in both months-get 2  
entries OR participate in  
1 month get 1entry) .

**A total of 20 hours  
is required for  
Any participation.**

**Questions?**

Linda Hartkopf  
338-3320 ext:137

NAME: \_\_\_\_\_

**January 2014**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

NAME: \_\_\_\_\_

**February 2014**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	28		