

Welcome To the City Council Fitness Team

Council Award Application

New Members rate your current physical activity level.

- I am not physically active
- I am active once a week
- I am active twice a week
- I am active more than three times a week

I, _____

Promise to become more physically active in my every day life. I am going to set weekly goals that will help increase my level of physical activity in my daily life. I will get support and stay committed to my new active lifestyle.

_____ Signature

_____/_____/_____ Date

Name _____

Mailing Address _____

City/State/Zip _____

Email _____

Thank you for your participation in the Council's Fitness Award!