

# WELLNESS TREK Sign-Up Sheet

Team Name \_\_\_\_\_ Captain \_\_\_\_\_

Member Name	Address	Contact #	Paid	Pedometer

Team Captain Email: \_\_\_\_\_

## Wellness Trek Information:

- Select Team of 5 members (*friends, family, neighbors, employees, groups, and organizations*)
- Choose Team name and Team captain
- Pay Trek fee of \$10.00 (*per Team member*) receive a FREE Pedometer
- Keep track of miles OR time spent (*captain responsible to collect and record results*)
- Send team result updates to [info@lindsborgtomorrow.org](mailto:info@lindsborgtomorrow.org)
- Result updates will be posted on [www.lindsborgtomorrow.org](http://www.lindsborgtomorrow.org)
- Results are valid from JUNE 1<sup>st</sup> thru JUNE 30<sup>th</sup>
- Participant gathering and awards in July

Get fit while having fun in the month of JUNE! The Lindsborg Tomorrow Community Wellness Center Action Team appreciates your interest and participation. Wellness Trek proceeds to go towards matching fund grant in facilitating work by Lindsborg Tomorrow Steering Committee and Action Teams.

WAY TO RAISE YOUR  HAND LINDSBORG!

