Move More Thomasville

Log Sheet for Month Of: _____

Name: _____

Address: _____

Daytime Phone: _____

Email: _____

Participation and Release Agreement for Move More Thomasville

1. I wish to participate in Move More Thomasville ("Program"). I understand that I may be eligible for certain prizes and may contain personal health benefits.
2. I understand and agree that participation in the program is completely voluntary. If I am an employee of the City of Thomasville or Thomasville City Schools, I understand that my participation is not a requirement of my employment.
3. I will participate in the Program only if I am physically and mentally fit to do so, and I will immediately stop participation if I do not feel well.
4. I understand that my participation in the Program, even if done properly, involves risk of injury to me. By signing this agreement, I acknowledge this risk of injury and I voluntarily assume this risk.
5. I understand that all of my personal information will be held confidential and will be used solely for this program. Aggregate information from all participants will be used to measure the success of the program.
6. In consideration of my being permitted to participate in the program, I fully and unconditionally release The City of Thomasville and Thomasville City Schools from any claims resulting from my participation in the program and agree that I will not bring, or allow anyone to bring in my name, any such claims.

I have carefully read this agreement and sign it freely and voluntarily.

I have completed the hours of physical activity listed on the back of this log sheet.

_____

Signature of Participant or Parent/Guardian Date

(A parent/guardian must sign for those under 18 years of age)

Return signed log sheets to Thomasville Parks and Recreation Department any Monday-Friday between 8 am and 5 pm. Log sheets must be recived by the 5th day of the following month to be entered for the monthly drawing. Winners will be notified. Prizes will NOT be mailed.

Thomasville Parks & Recreation
1 East Main Street
Thomasville, NC
336-475-4280

Move More Thomasville

Remember - 30 minutes or more of physical activity a day is important for good health. Do something every day!

Date	**Activity**	**Total Time Exercised**
	Total Hours	

If you need more space, please attach additional paper.

NOTE: To be eligible for the monthly drawing you must log at least 15 hours of physical activity.