



2018 A New ME Challenge

TOTALLY FIT

Register Now! Begins – January 1 through February 24

Looking for a way to steer yourself towards a healthier lifestyle in 2018? Look no further... Come and get started with our 8-week challenge and get a chance to win some cash. Most important is the real lifestyle change you will make for yourself that will be the greatest reward of all! This program IS designed for ALL Levels, be sure to sign up for the level you fall into!

8 Week Challenge beginning January 1: Based on Diet and Exercise

Silver: Medium – Low level of exercise (walk/jog)

Gold: Medium – High level of exercise



Minimum of 15 participants are required!

February 23 and/or February 24: Keep open for Totally Fit Challenge!

<p>By this Waiver, I assume any risk, and take full responsibility and waive any claims of personal injury, death or damage to personal property associated with Lodi School District Recreation and Education Program activities and events organized by The School District of Lodi.</p> <p>I understand and confirm that by signing this WAIVER AND RELEASE I have given up considerable future legal rights. I have signed this Agreement freely, voluntarily, under no duress. My signature is proof of my intention to execute a complete and unconditional WAIVER AND RELEASE of all liability to the full extent of the law. I am 18 year of age or older and mentally competent to enter into this waiver.</p>		
<p>Any Questions Contact 592-1076</p> <p>Drop Off Form to: Pool Lobby</p> <p>Mail Form to: Lodi CREW 1100 Sauk Street Lodi WI 53555</p>	<p><u>Participant's Name:</u> _____</p> <p>Email: _____</p> <p>Cost \$30</p> <p><input type="checkbox"/> SILVER Challenge <input type="checkbox"/> GOLD Challenge</p> <p>Method of Payment: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Reg On-line</p>	<p>_____ Address</p> <p>_____ Phone</p> <p>_____ Email</p> <p>_____ Participants Signature</p>
<p><u>A New ME in 2018 ~ TOTALLY FIT</u></p>		