

# Shape-Up Challenge Registration Form

Contact Person (Team Captain): \_\_\_\_\_ Contact Person's Phone#: cell: \_\_\_\_\_  
home: \_\_\_\_\_

Team Name: \_\_\_\_\_

Email contact for team: \_\_\_\_\_

Number of Team Members: \_\_\_\_\_

Team Members. Fee \$20.00 per team member: # \_\_\_\_\_ x \$20.00 =

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

T-Shirt Sizes: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large

\*\*\* Registration process is considered complete when all information is complete and payment is received \*\*\*  
**The cut off for payments and registration is Friday April 18, 2008**

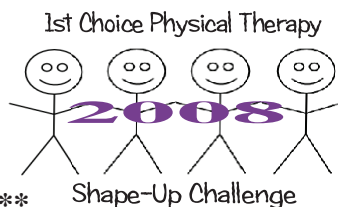
**Please mail your payments to:** 1st Choice Physical Therapy  
Attention: Shape-Up Challenge  
10436 N. IL Route 47, Suite # 105  
Huntley, IL 60142

**Where is your money going?** All monies donated will pay for your t-shirt and the rest will be donated to United Way of McHenry County. The purpose of United Way of McHenry County is to raise money to support select human service programs of member agencies for the benefit of people in need in McHenry, County, Illinois. For more information on United Way of McHenry County please visit them at [www.uwmchenry.org](http://www.uwmchenry.org)

Please keep the rules with your team

## Rules for the 1st Choice Shape-Up Challenge

- One minute is one minute.
- Based on the **Honor-System**
- Exercise during the month of May 2008 and record your minutes. **Goal: Average of 20 minutes a day**
- Tabulate weekly minutes and give to Team Captain.
- Team Captain will e-mail results to: [firstchoicehuntley@sbcglobal.net](mailto:firstchoicehuntley@sbcglobal.net)
- Results must be received **via email** by 12 noon to 1st Choice Physical Therapy to be counted in the competition.  
Due by 12 noon on Mondays...  
**Monday May 5, 2008**  
**Monday May 12, 2008**  
**Monday May 19, 2008**  
**Monday May 26, 2008**  
**\*\* Final week is due Monday June 2, 2008 \*\***
- Allowable exercises is as follows:
  - \* Walking/Running \* Biking
  - \* Weight Training \* Aerobics
  - \* Swimming \* Rollerblading
  - \* Racquet Ball \* Tennis
  - \* Golf (without cart / maximum 2 hrs given)
  - \* Mowing grass (if walking behind mower)
  - \* Baseball/Softball (up to 1 hr per game)
- Celebration time and date TBA; winners announced and prizes will be given.



**Winning Team** will have the **highest average minutes** for the month.

Example: Team 6 (4 Participants) Total Month as Team: 4,000 Minutes Average = 1,000 minutes  
Team 2 (10 Participants) Total Month as Team: 6,000 Minutes Average = 600 minutes

**Team 6 would win**

