



**2010 Get Fit Sikeston!  
Registration Form**

**Fax this form back to 471-2499 prior to September 13, 2010**

Name of company: \_\_\_\_\_

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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Email: \_\_\_\_\_

**Competition Rules:**

1. Employees form teams of 6. Teams must consist of co-workers or corporate officers.
2. Teams losing a member during the contest for legitimate reasons must replace that team member. This replacement must be done with the approval of the company wellness program coordinator.
3. Each team will select a captain for communication and reporting purposes.
4. Points may be earned in three different categories: Physical Activity, Nutrition, and Community Information. A point value list will be provided to each participant.
5. Using the honor system, team members will maintain a log of their activities. Team captains will tabulate points for each team member and turn them into the company coordinator. The coordinator then submits the team results to the Sikeston Area Chamber of Commerce each Monday morning by email or fax.
6. Winners will be determined based on the average points per team member earned during the contest period.
7. Team members maintaining a team average of more than 35 points per week will be entered into a drawing for prizes at the conclusion of the program.

**\*\*Any internal competitions are the responsibility of the employer.**

