



Lowell Takes it Off! Registration Form

This program begins January 6, 2010 and will run until March 10, 2010

Rules:

1. Teams are comprised of four people.
2. Weekly Wednesday weigh-ins will be held at Good Chevrolet Buick.
Come in during any of these three shifts:
6:30 a.m. - 9:30 a.m.
11:00 a.m. - 1:00 p.m.
3:30 p.m. - 7:00 p.m.
3. Consult your physician before starting any new diet or exercise program.
4. A \$10.00/ person registration fee applies. Financial assistance is available.
Please make checks payable to: ***Lowell Community Wellness.***

Team Name: _____

Email: _____

Name: _____

Address: _____

Phone: _____

Signature

age

Mail this form to: P.O. Box 246, Lowell, MI 49331; or drop it off at the first weigh-in.

Please circle all that apply: *Business Team, *Family Team, *Friends, *Individual participant

Have you participated in the Lowell Takes it off previously? No Yes

Where did you hear about this program? Ledger/Buyer's Guide? Friend? Co-worker? Family?

What is your goal for this program? In other words, what are you hoping to achieve?

Lowell Community Wellness:

Inspiring and educating the Greater Lowell Community to attain a healthier lifestyle.