

21st Annual Northwest Tribes Fitness Challenge



April 2nd – May 27th

Participate for FITNESS & FUN!

The challenge is for everyone 5 years and older.

**Fitness Incentive
Sweatshirt Hoodie**

Registration begins:
MARCH 26th

Registration closes:
APRIL 8th

To register for the Fitness Challenge contact:
Ntfc@samishtribe.nsn.us

Northwest Tribes Fitness Challenge *Registration Form*



All registrants must be 5 years or older to participate.

Name: _____ **Year of Birth:** _____

Phone or email to contact you: _____

Tribe: Lummi Nooksack Samish Swinomish Upper Skagit

Are you on a team: No Yes **Team:** _____

Select unisex hoodie size:

ADULT: XS S M L XL 2X 3X 4X

YOUTH: XS S M L XL

Thank you for participating.

Signature _____ **Date** _____

Guardian Signature for youth 12 and under: _____

Northwest Tribes Fitness Challenge
April 2nd – May 27th

Welcome to the 21st Annual Northwest Tribes Fitness Challenge! The challenge is an eight-week fitness event for community members 5 years and older and tribal employees.

The challenge is 2 ½ to 5 hours exercise outside of work and school:

Walking
Jogging
Hiking
Bicycling

Stationary Cardio Machine
Interval Training
Floor Aerobics
Chair Exercises

Canoe Pulling
Court Sport
Field Sport
Gymnastics
Dance

Weekly Activity: Track your activity everyday each week.
Minimum activity 150 minutes and maximum activity 300 minutes

Activity Recording: Turn your activity forms to your challenge coordinator every week. You can turn activity forms up to one week late.

Incentive: Exercise for a minimum of 150 minutes, each week for all eight weeks.

Fitness Incentive: **Hoodie**

Challenge Winner: The Northwest Tribes Fitness Challenge winner will be the tribe with the most exercise minutes per team participant. The winning team will receive the annual Challenge plaque.

Fitness Challenge Sponsor



Challenge Activity Form

Name: _____ Week: _____

Weekday	Activity	Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Minutes:		



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Monday		
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Total Minutes:		