

Samish Indian Nation

Fitness Challenge

Registration Form



DUE OCTOBER 1ST

All registrants must be 5 years or older to participate.

October 6, 2025 – November 30th, 2025

Get active. Track your minutes. Earn rewards.

Participant Information

Full Name: _____

Email Address: _____

Phone Number (optional): _____

Mailing Address: _____

Participant Type (check one):

☐ Citizen

☐ Staff Member

Eligibility Requirements

- Participants must be 5 years or older
- Staff must be current employees of Samish Indian Nation
- Citizens must reside in Washington State
- Participants must track physical activity minutes each week
- Rewards are based on total activity minutes over 8 weeks

Challenge Details

- Track moderate-to-vigorous activity minutes each week (e.g., walking, workouts, sports, biking, dance)
- Logging must occur weekly to remain eligible

Rewards

Citizens (3 Reward Tiers)

Tier	Total Minutes (8 Weeks)	Weekly Avg	Reward
Bronze	480+	60 mins	\$30 Amazon Gift Card
Silver	800+	100 mins	\$60 Amazon Gift Card
Gold	1,200+	150 mins	\$100 Amazon Gift Card

Staff (Single Tier Only):

Total Minutes (8 Weeks)	Weekly Avg	Reward
1,200+	150 mins	\$25 Amazon Gift Card

Staff must complete 1,200 minutes to receive the reward. No partial tiers for staff.

Signature: _____ Date: _____

Guardian Signature for youth 12 and under: _____

Please send form(s) via email to: wellness@samishtribe.nsn.us

By Mail:

Samish Indian Nation
PO BOX 217
Anacortes, WA 98221
ATTN: Olivia Duvall

Digital Activity Log Submission:

