

Samish Indian Nation

Fitness Challenge

Registration Form



DUE JANUARY 3RD

All registrants must be 5 years or older to participate.

January 5, 2026 – March 1, 2026

Get active. Track your minutes. Earn rewards.

Participant Information

Full Name: _____

Email Address: _____

Phone Number (optional): _____

Date of Birth: _____

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
- Samish 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

Incentives

An incentive will be awarded to participants who complete the challenge.

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:

