

**Samish Indian Nation**

**Fitness Challenge**

Registration Form



**DUE APRIL 3RD**

**All registrants must be 5 years or older to participate.**

**April 6, 2026 – May 31, 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

**Rewards**  
**Citizen (3 Reward Tiers)**

Tier	Total Minutes (8 Weeks)	Weekly Average	Reward
Bronze	480+	60 Minutes	Adjustable Fanny Pack
Silver	800+	100 Minutes	Bucket Hat
Gold	1,200+	150 Minutes	JBL Go Essential Speaker

**Staff (Single Tier Only)**

Tier	Total Minutes (8 Weeks)	Weekly Average	Reward
Gold	1,200+	150 Minutes	JBL Go Essential Speaker

**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](mailto:wellness@samishtribe.nsn.us)**

**By Mail:**

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

**Digital Activity Log Submission:**

