

## **Team Registration and Record Form**

Team Name:
Team Leader:
Phone:
Organisation/ Dept:
Email:

## Choose your activity, or a combination of:

Stair climbing Walk, run Cycling Gym - rowing - crosstrainer - treadmill 2 flights of stairs = 1 floor of stairs 1 minute = 1 floor of stairs 5 minutes = 1 floor of stairs 1 minute = 1 floor of stairs 1 minute = 1 floor of stairs 1 minute = 1 floor of stairs

Names of Team Members	No. of Floors Climbed/ Minutes Exercised (total at end of May)
1)	
2)	
3)	
4)	
5)	
Team Total:	

Please register by returning a copy of this form by <u>Monday 28th April</u> Once your team has finished, enter totals and fax back by <u>Friday 6th June</u>

Return to: Lisa Hamilton - Health Promotion Unit, Taranaki District Health Board lisa.hamilton@tdhb.org.nz Fax: (06) 753 7788

## **REGISTRATION & RECORD FORM May 2008**