

Please fill out the form below and drop it off at the Longhouse to Kristie Ratterree or Tolani Franks, or you may also send the information to the Wellness Warrior email. [cinwellnesswarrirors@yahoo.com](mailto:cinwellnesswarrirors@yahoo.com)

## Walk This Way Program Registration

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

How will you track you mileage?      Smartphone      Need a  
App      \_\_\_\_\_      pedometer      \_\_\_\_\_      Other      \_\_\_\_\_

Will you participate in the Catawba River Race 5K?      Yes      \_\_\_\_\_      No      \_\_\_\_\_

If you are unable to report your weekly mileage to the Wellness Warriors email each Monday, you may drop of a written copy to the Longhouse 8am-5pm on Mondays.

## Weekly Mileage Report Form

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

MILES: \_\_\_\_\_ PROGRAM WEEK DATES \_\_\_\_\_

## Weekly Mileage Report Form

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

MILES: \_\_\_\_\_ PROGRAM WEEK DATES \_\_\_\_\_

## Weekly Mileage Report Form

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

MILES: \_\_\_\_\_ PROGRAM WEEK DATES \_\_\_\_\_