

Fit for the Health of It!
12-week Texercise Program

Pedometer Sign-Up Sheet



Dear 12-week Program Coordinator:

Texercise is able to provide you and your participants with promotional incentives, such as the Texercise pedometers, through the generous contributions of our partners. For tracking and accountability measures, Texercise requires minimal accounting from the organization using these resources. Your cooperation is appreciated.

To facilitate the distribution of pedometers and participant sign-up, provide your participants with table space where they can sign the “*Fit for the Health of It!* Pedometer Sign-Up Sheet” and receive pedometers.

Send the completed sign-up sheet by:

Mail:

Texas Department of Aging and Disability Services
Attention: Texercise
701 West 51st Street, MC: W-616
Austin, TX 78752

Fax: (512) 438-4829

or E-mail: Texercise@dads.state.tx.us

You may want to keep a copy of the sign-up sheet to use when creating Texercise certificates.

For technical assistance in planning and holding a Texercise event, please contact Texercise at (800) 889-8595.

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Have 12-week program participants:

1. Print first and last name
2. Sign name
3. List t-shirt size
4. List if **45** years or older by indicating Yes (Y) or No (N)

Send completed forms to Texercise@dads.state.tx.us or fax to (512) 438-4829.

	Print First Name	Print Last Name	Signature	T-Shirt Size	45+ (Y or N)
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Event Name: _____ Event Site: _____ Start Date: _____

Mailing Address: _____

Event Coordinator: _____

E-Mail Address: _____ Contact Number: _____