

Turn Off the Screens and Get Active!
Workplace Challenge
May 4 - 8, 2009

TRACKING SHEET

Please mark your participation in the spaces below
for each day you turned off your screen(s) to get active!

Name: _____
Worksite: _____
Phone: _____
Email: _____ (optional)

Monday May 4	Tuesday May 5	Wednesday May 6	Thursday May 7	Friday May 8

Please mail, drop-off or fax this sheet to the Thunder Bay District Health Unit
by Thursday, May 14th to be entered to win a grand prize.

999 Balmoral St., Thunder Bay P7B 6E7

Fax: 625-4825 Attn: Kathryn

** See other side for "Official Fitness Pass"*

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OFFICIAL FITNESS PASS

Pass must be presented to all participating facilities to obtain discounted admission. Please consider the environment and re-use this pass for the week.



ADMIT
ONE

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ONE

