



# WESTERN WALKS: Fall Tour 10,000 Steps A Day

**Team Registration Form**

**Registration Deadline: 9/26/2011**

## How It Works

- Starts 10/10/2011 and ends on 11/7/11.
- Teams consist of 5 persons, including team captain.
- Each team selects a team name (chance to show creativity and spirit!).
- Each team member needs to provide name, email, department and phone number in order to complete the registration process.
- Each team member must be enrolled in One-to-One program in order to receive a pedometer.\*
- Each team needs to be assigned to a Wellness Champion. \*
- Team Captain turns in registration to Hub Wellness Champion by 9/26/2011.
- Team members contribute by recording daily steps and reporting in weekly.

Team Name \_\_\_\_\_ Building \_\_\_\_\_

Wellness Champion: \_\_\_\_\_ Phone \_\_\_\_\_

Name	Department	Email	Phone	Need Pedometer?
Team Captain				
2.				
3.				
4				
5				

\* To register,online, go to [www.holtynhpc.com](http://www.holtynhpc.com) (New participants: Account ID is 32 and Account Password is bronco.) If you need help finding a Wellness Champion and/or registering in the One-to-One program, contact Danna Downing ([ddowning@holtynhpc.com](mailto:ddowning@holtynhpc.com)) 269/779-5453 .

**Registration due to your Wellness Champion by September 26, 2011**