

MSU *Groove your Health!* Challenge

April 6, 2009-April 24, 2009

Registration

**Please fill this out and send to Graham Prather, WA 336 or
graham.prather@mnsu.edu**

Team Name _____

Team Captain's Name _____

	Team Member Name	E-mail
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

Team Captain Information

1. Find a group of 3-8 people to form a team.
2. Fill out this registration form and send it to Graham Prather, WA 336 by April 3rd.
3. Each Friday, collect everyone's total points for the week. The individual points tracker sheet explains all the old and new ways to earn points.
4. Email a list of each individual's points for the week to graham.prather@mnsu.edu by noon on the following Monday. Team averages each week will be posted on the website www.mnsu.edu/wellness (no individual points will be listed).
5. Finale Field Day, Wednesday April 29th 11am-1pm. Otto Recreation. This year to celebrate our achievements, the Wellness Program in conjunction with Campus Recreation will be hosting a Field Day. There will be different games and activities to play and a drawing for door prizes for those who complete a certain number of events. This event starts at 11 am, but feel free to come and go as you please, bring a lunch, come with your team or come as an individual. The main point is that you come and have fun. The Finale Field Day this year takes place in lieu of a luncheon. Captains, please RSVP for your team by Monday April 27th.