PSA	



Sign-In Sheet for Active Living Every Day

Date(s):	Phone:
Start Time:End Time:	Funded by:
Location:	#of Participants : # of Completers:
Address:	Name of Instructor(s):

PARTICIPANTS - Before beginning any exercise program it is recommended you consult your physician. If any part of the program conflicts with your doctor's advice and recommendations, follow your doctor's instructions. Participants of this program do so at their own risk.

			Number of Weeks											
			1	2	3	4	5	6	7	8	9	10	11	12
			Insert date (for example 1/22 in space below each week)											
#	Printed Name	Signature												
1														
2														
3														
4														
5														
6														

			Number of Weeks											
			1	2	3	4	5	6	7	8	9	10	11	12
			Insert date (for example 1/22 in space below each week)											
#	Printed Name	Signature												
7														
8														
9														
10														
11														
12														
13														
14														
15														
16														
17														
18														
19														
20														