PSA ___

Department of
ELDER AFFAIRS
STATE OF FLORIDA

Sign-In Sheet for Arthritis Foundation Exercise Program

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.

			Week 1			Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8		
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
			Insert date (for example 1/22 in space below each week)																							
#	Printed Name	Signature																								
1																										
2																										
3																										
4																										
5																										

PSA ____

			Week 1			Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8		
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
			Insert date (for example 1/22 in space below each week)																							
#	Printed Name	Signature																								
6																										
7																										
8																										
9																										
10																										
11																										
12																										
13																										
14																										
15																										
16																										

PSA ____

			Week 1			Week 2			Week 3			Week 4			Week 5			Week 6			Week 7			Week 8		
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
			Insert date (for example 1/22 in space below each week)																							
#	Printed Name	Signature																								
17																										
18																										
19																										
20																										
21																										
22																										
23																										
24																										
25																										