



GET FIT & WIN SCORECARD

***A physical activity challenge
sponsored by the Northern
Kentucky Health Department,
Step Forward Erlanger and
Remke Markets***

Directions

1. Complete 30 minutes (or more) of physical activity.
2. Fill in one of the blocks below with date, type of activity and amount of time you were physically active.
3. Once all the blocks are filled in, turn in the scorecard to be eligible for the \$100 prize. See the back for redemption sites.

The challenge starts March 31 and ends April 27.

Example: 9/21 Walking 45 minutes			

CONGRATULATIONS!

Please turn card over for information on prizes.



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Tell us about yourself!

Name: _____

Phone: _____

Address: _____

City: _____

State: _____ Zip _____

Age: _____

Your Goal Is:

30	Minutes a day
10	Minutes (or more) at a time
5	Days a week

*Return your card by Friday, May 2,
to enter a drawing for a chance to win \$100
at any of the following locations:*

- *Northern Kentucky Health Department
Community Health Promotion Office
2388 Grandview Drive, Fort Mitchell, KY 41017*
 - *Any Kenton County Public Library location*
 - *Any Remke Market location*
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