

# Walk Across Tennessee!

## Individual Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Gender (circle one)      Male      Female

Team \_\_\_\_\_ email: \_\_\_\_\_

Phone #: \_\_\_\_\_

My team is made up of people in my: (Circle one)

Worksite      School      FCE Club      Neighborhood      Other (specify)  
Church      Family      4-H Club      Community Organization      \_\_\_\_\_

I wish to participate voluntarily in the Walk Across Tennessee physical activity for the purpose of personal fitness. I understand that I should have medical approval from my health care professional if I:

- have any chronic health problems such as heart disease or diabetes
- have pains in my heart and/or chest area
- feel dizzy or have spells of severe dizziness
- have a bone or joint condition, like arthritis, that might be made worse by an exercise program
- have been told by a doctor that I have high blood pressure
- have any physical conditions or problems that might require special attention in an exercise program
- am a male over 45 or a female over 50 and not accustomed to vigorous exercise.

**I agree to accept full responsibility for any injuries I may sustain while participating in this program.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Which of these fitness activities do you do now? (Circle all that apply)

I do no fitness activity now      Swim  
Walk      Ride bicycle  
Run      Other (specify) \_\_\_\_\_

If you do a fitness activity now, please indicate how many days each week you perform the activity(ies) checked above.

Walk \_\_\_\_\_ days each week      Ride bicycle \_\_\_\_\_ days each week  
Run \_\_\_\_\_ days each week      Other activity \_\_\_\_\_ days each week  
Swim \_\_\_\_\_ days each week

Write the number of minutes each day you perform the activity(ies) checked above.

Walk \_\_\_\_\_ minutes each day      Ride bicycle \_\_\_\_\_ minutes each day  
Run \_\_\_\_\_ minutes each day      Other activity \_\_\_\_\_ minutes each day  
Swim \_\_\_\_\_ minutes each day