

**Samish Indian Nation**

**Fitness Challenge**

Registration Form

**DUE MARCH 26TH**



**All registrants must be 5 years or older to participate.**

**Name:** \_\_\_\_\_ **Year of Birth:** \_\_\_\_\_

**Phone or Email to contact you:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**I will pick up at General Council on June 29<sup>th</sup>.**

**Select Unisex Hoodie Size:**

ADULT:    XS    S    M    L    XL    2X    3X    4X

YOUTH:    XS    S    M    L    XL

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Guardian Signature for youth 12 and under:** \_\_\_\_\_

**Please send form(s) via email to: [wellness@samishtribe.nsn.us](mailto:wellness@samishtribe.nsn.us)**

**By Mail:**

**Digital Activity Log Submission:**

Samish Indian Nation  
715 Seafarers Way STE 100  
Anacortes, WA 98221  
ATTN: Olivia Duvall





**Samish 2025 Fitness Challenge**  
**March 30, 2025 – May 24, 2025**

Welcome to first Samish Indian Nation Fitness Challenge. The challenge is an eight-week fitness event for Samish citizens 5 years and older who live in our 12-county service area.

**The challenge is 2 ½ to 5 hours exercise outside of work and school:**

<b>Walking</b>	<b>Stationary Cardio</b>	<b>Canoe Pulling</b>
<b>Jogging</b>	<b>Machine</b>	<b>Court Sport</b>
<b>Hiking</b>	<b>Interval Training</b>	<b>Field Sport</b>
<b>Bicycling</b>	<b>Floor Aerobics</b>	<b>Gymnastics</b>
	<b>Chair Exercises</b>	<b>Dance</b>

**Weekly** Track your activity everyday each week.

**Activity:** Minimum activity 150 minutes and maximum activity 300 minutes

**Activity** Turn your activity forms to your challenge coordinator every  
**Recording:** week. You can turn activity forms up to one week late.

**Incentive:** Exercise for a minimum of 150 minutes, each week for all eight weeks.

Fitness Incentive: Hoodie/Sweatshirt

# Challenge Activity Form

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

Week: \_\_\_\_\_

<b>Weekday</b>	<b>Activity</b>	<b>Minutes</b>
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Minutes:		

# Challenge Activity Form

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

Week: \_\_\_\_\_

<b>Weekday</b>	<b>Activity</b>	<b>Minutes</b>
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
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Total Minutes:		