

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 29th.

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

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:

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

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

Weekday	Activity	Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Minutes:		

Challenge Activity Form

Name: _____

Week: _____

Weekday	Activity	Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Minutes:		