

# Fitness First for Kids Tracking Form

(Please note: a date can only be listed once regardless of the number of activities)

<b>Level 1</b> 25 Workouts	_____	_____	_____	_____	_____	_____	_____	_____	_____
	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)
	_____	_____	_____	_____	_____	_____	_____	_____	_____
<b>Level 2</b> 50 Workouts (fill in levels 1 & 2)	_____	_____	_____	_____	_____	_____	_____	_____	_____
	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)
	_____	_____	_____	_____	_____	_____	_____	_____	_____
<b>Level 3</b> 100 Workouts (fill in levels 1, 2 & 3)	_____	_____	_____	_____	_____	_____	_____	_____	_____
	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)
	_____	_____	_____	_____	_____	_____	_____	_____	_____
	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)
	_____	_____	_____	_____	_____	_____	_____	_____	_____
	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)
	_____	_____	_____	_____	_____	_____	_____	_____	_____
(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	(Date)	

Child's Name \_\_\_\_\_ Parent's Signature \_\_\_\_\_

Prize Chosen \_\_\_\_\_ Member ID # \_\_\_\_\_

Submit this tracking form within 12 months of the earliest recorded date, but no later than 30 days after the last recorded date. No more than three (3) prizes will be issued each calendar year. Please complete and mail to Unity Health Insurance, Attn: Fitness First, 840 Carolina St., Sauk City, WI 53583 or fax to 608-643-2564.

