## City of Weatherford - Parks and Recreation Department Walking for Wellness Program Monthly Walking Log

Number Email Address	
Date	Distance Walked (Miles) - 2,000 Steps = 1 mile

Note: Submit completed and signed walking log at any of the following: Parks & Recreation Department (522 W Rainey, Weatherford, OK, 73096), SWOSU Campus Mailroom, SWOSU Wellness Center, Weatherford Public Library, YMCA. Or submit total miles with name to <a href="walkinginfo@swosu.edu">walkinginfo@swosu.edu</a>. To be eligible for monthly drawing, submit walking activity by 2nd day of each month. To be eligible for grand prize, submit walking activity every month. Questions? Call 580-774-3190 or email walkinginfo@swosu.edu.

I waive, release, absolve, indemnify, and agree to hold harmless, its committee members, board members, sponsors, volunteers, Weatherford Parks & Recreation Director, and City of Weatherford for any claims of damages, demands, injuries, or actions whatsoever in any manner arising or growing out of participation in the above-mentioned program. I attest and verify that I have full knowledge of the risks involved and have accepted full responsibility by signing my signature to this document.

Signature Date

Comments