



Brainiacs Walking Challenge

~building healthy brains one step at a time ~
(October 22 - December 2, 2017)

Registration

Complete and send both registration form and consent form along with \$30 (check payable to Tracey Shadday) via US Mail.



If mailing before October 14, send to: Tracey Shadday, 426 Barneys Pebble Rd, Charleston, VT 05872



If mailing after October 14, mail to: Tracey Shadday, 3902 Doral Dr, Tampa, FL 33634

Name _____

Mailing address _____

Phone _____

Can you receive texts? _____

If you are on Facebook, what is your Facebook name? _____

E-mail _____

Will you participate as an individual, a team or both? _____

List below the names and email addresses of those who will be on your team. Each individual will need to complete a registration & consent form and pay the \$30 enrollment fee.

List on the back your current health practices that you believe build brain health.

If you desire to become more active but feel stuck, unable to take initiative or make progress, a certified health & wellness coach can help you produce the results you hope for. Call for a free consultation.

