

RFC Incentive Program- The FIT/FITFlex Pledge

I have agreed to participate in the **FIT or FITFlex** program offered by the Recreation and Fitness Center. My goal is to complete the following program:

2 workouts per week

3 workouts per week

4 workouts per week

5 workouts per week

I would like to begin on the first Monday in _____, _____
Month YEAR

Please select where you would like your card to be filed: G GA GN

I understand the **FIT/FITFlex** Guidelines for Participation and have read the list of activities that count toward a **FIT/FITFlex** workout. I understand that all workouts must be at least 30 minutes in duration. If my workout exceeds 30 minutes, it still counts as only one workout. If, and only if, I leave the facility and return on a separate visit, may I obtain two signatures in the same day.

By signing this pledge, I understand that the Recreation and Fitness Center Staff will offer support and provide assistance wherever necessary. I have thoroughly read and understand the conditions of this contract and will do my best to achieve the goal I have selected.

Please check here if you are a spouse, domestic partner, or eligible family member of a SAS employee.

NAME _____

EMPLOYEE # _____

EXT. _____

SIGNATURE _____

DATE _____

Submit completed form to Incentives at the RFC

Your signature indicates your compliance to all program rules.