



Wellness Challenge / I Lose - They Win 2014

TEAM Sheet

Regular season (from May 1st to June 19th)

We suggest 10 members per team



CAISSE DE BIENFAISANCE
DES EMPLOYÉS ET RETRAITÉS DU CN
CN EMPLOYEES' AND PENSIONERS'
COMMUNITY FUND

Team Name					Check when completed	Check when Completed
Captains coordinates					Individual Sheet Completed	Pledge sheet returned
	Name	Surname	CN PIN	Adress		
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						

Instructions to team Captains:

1. Please ensure that each member (captain included) completes registration form.
2. Choose your team name
3. Provide following guidelines to team members:
 - Choose an attainable goal: either weight loss or number of steps (Pedometers will be available on April 28th)
 - Note: For CN employees the pedometer is free / For other participants the pedometer can be purchased at a cost of \$ 25.00
 - Encourage each team member to have an objective of at least \$ 100 of pledges confirmed
 - Ensure that team members have their pledge sheets completed (please ensure legibility - Tax receipt.....)
 - Please forward individual registration sheets to Daniel LeBlanc.
4. Encourage team members to participate in scheduled events
5. Encourage team members to reserve november 15th in their agenda (Gala Awards evening)
6. Ask each team member to prepare a follow-up contact sheet (who can support me?)

Finaly: HAVE FUN..... IMPROVE YOUR HEALTH..... ITS for a great cause.

POUR INFOS: Daniel LeBlanc (514-232-4475) Chantale Lauzon (514-399-6436)

email: jepersilsgagnent@gmail.com