



VADA “Jump Start” Physical Challenge

Run Date: January 1 – February 24th

It’s as easy as 1, 2, 3!!!

1. Pick three activities, in any level, per week for all 8 weeks

2. Check off each activity you complete for each week

Form 1: Weeks 1 – 4 are January 1st – January 27th

Form 2: Weeks 5 – 8 are January 30th – February 24th

3. Return completed forms to VADA:

Fax: (802) 229-5696

Email: kimgauthiervt@comcast.net

Mail: VADA, 317 River Street, Suite 2, Montpelier, VT
05602

Deadline for Form 1 – February 3, 2012

Deadline for Form 2 – March, 2, 2012

Get Moving and Have Fun!!!!

Thank you for participating

