



PRESENTING SPONSOR



## 2009-2010 Healthy Futures Log Goal Form

Use your **power** to help students develop the skills, knowledge and desire needed to become **active for life**. Healthy Futures is geared up and ready to support you in this mission through a variety of resources, tools and incentives.

Simply complete the following form and return to Cindy Norquest by email to [cnorquest@acsalaska.net](mailto:cnorquest@acsalaska.net) or ASD interschool mail to Karen Reeves.

Name: \_\_\_\_\_ Title \_\_\_\_\_

School: \_\_\_\_\_ District: \_\_\_\_\_

School Population: \_\_\_\_\_ School Email: \_\_\_\_\_

Contact phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email address (very important): \_\_\_\_\_

Which is the best way to contact you? \_\_\_\_\_

Shirt size (Men's sizes): \_\_\_\_\_ Preferred color (Assorted colors): \_\_\_\_\_

Who should we send newsletter articles to? Email: \_\_\_\_\_

Name/position: \_\_\_\_\_

### 2009-10 Healthy Futures' Statewide Goal

Motivate Alaska youth to complete an average of 2.5 qualifying activity/fitness logs

*Note: 4,487 students from across Alaska completed 10, 159 Activity Logs during the 2007-08 program – an average of 2.26 logs per student. In addition, Healthy Futures sponsored end-of-year Field Days' activities at 43 schools, reaching 16,646 youth.*

### Your Goal

My school goal is to turn in a total of \_\_\_\_\_ qualifying 4-week Activity/Fitness Logs.

Yes, I'd like to schedule a school assembly with: \_\_\_\_\_ Kikkan Randall or \_\_\_\_\_ Aelin Peterson  
Please provide 3 or 4 ideal dates or a timeframe: \_\_\_\_\_

Updated: 08/01/09