City of Weatherford - Parks and Recreation Department
Walking for Wellness Program
Monthly Walking Log (*Please Print*)

Name ____

Telephone Number _________________________ Email Address (Optional) ______________________________

Date	Distance Walked (Miles) - 2,000 Steps = 1 mile
Total Miles	

Comments ____

Note: Submit completed and signed walking log at any of the following: Parks & Recreation Department (522 W Rainey or P.O. Box 569, Weatherford, OK, 73096), SWOSU Campus Mailroom, SWOSU Wellness Center, Wal-Mart, Weatherford Public Library, Weatherford Regional Hospital, YMCA. To be eligible for monthly drawing, must submit walking log by the third day of each month. To be eligible for grand prize, must submit walking log every month during program.

I waive, release, absolve, indemnify, and agree to hold harmless, its committee members, board members, sponsors, volunteers, Weatherford Parks & Recreation Director, and City of Weatherford for any claims of damages, demands, injuries, or actions whatsoever in any manner arising or growing out of participation in the above-mentioned program. I attest and verify that I have full knowledge of the risks involved and have accepted full responsibility by signing my signature to this document.

Signature Date