

fall fitness strength challenge

TEAM:

Department(s):

No.	Name	Cell
1	Captain	
2		
3		
4		
5		
6		
7		
8		
9		
10		

Team Captains: Minimum 5, maximum 10 per team including you. Please post this roster in your area so everyone knows their teammates, and send a copy to Theresa Ebeling at ebelinta@kirkwoodmo.org. **All team member registration forms are due Thursday, September 14.**

(Late registrations accepted until Sept 21)

NOTE: Challenge starts Monday, September 18, and ends Sunday, October 29. There is no rest week. This Challenge counts towards the 2023-2024 Earned Health Day.