



Take the Step One CHALLENGE: Consent

Congratulations on receiving a new step pedometer! The pedometers were purchased through the partnership of the Cleveland County Health Department Obesity Prevention Fit Together Initiative, the Alliance for Health, and Image Marketing Group, Inc. The primary goal of "Take the Step One CHALLENGE" is to encourage Cleveland County residents and families to walk, increase their physical activity, and improve their health.

Using your new pedometer will help you track the steps that you take everyday. Most adults in our country average 4,000-5,000 steps per day; a good goal to work towards is 8,000-10,000 steps per day. We are also providing you with a walking log, an activities conversion chart, as well as a conversion chart which translates steps into distance.

By signing below, you are committing to participate in the walking challenge and use the pedometers to track your daily progress. Additionally, you will be asked to complete two surveys regarding your experiences in participating in this event, as well as regarding your personal physical activity regimen.

Enjoy using your new pedometer! Remember to consult your physician before starting any new exercise program. If you have any questions or need more information regarding the pedometers or the "Take the Step One CHALLENGE", feel free to call **Karma Edwards at 704/484/5139**. (Please sign below).

Participant Signature: _____ Date: _____

Please note that there will be NO TEAM PACKET pick-up at the Shelby City Park on Saturday, April 25th. ALL TEAM PACKETS WILL NEED TO BE PICKED UP ON FRIDAY, APRIL 24TH AT THE CLEVELAND COUNTY HEALTH DEPARTMENT OR THE KINGS MOUNTAIN HOSPITAL BETWEEN THE HOURS OF 3-7 P.M.

