Incentive Program Activities

Have the instructor or program administrator initial and date the inside of this card. If more activities are included beyond the space provided, please attach a separate sheet with same information.

When you have documented enough signatures to be eligible for a prize incentive, this card is to be turned into Montgomery City Hall or TriHealth Pavilion front desk for verification and to claim your prize.

Check online at www.trihealthpavilion.com or www.montgomeryohio.org for more details on how to use this tracking form and participation opportunities.

Incentive Program Activities

Prize incentive for reaching point totals:

25 signatures _____ _____
Signed Date

60 signatures _____ _____
Signed Date

100 signatures _____ _____
Signed Date

A personal wellness profile is **required** for participation in the Get Moving Montgomery Initiative.

First Profile _____ _____
Signed Date

Follow-Up _____ _____
Signed Date

(we encourage follow-up after 9-12 months)

Get Moving Montgomery

Tracking Form

Name: _____
Address: _____
Phone: _____
Email: _____

City of Montgomery & TriHealth Collaborative Initiative

Get Moving Montgomery

Mission: Provide an incentive for Montgomery residents to choose to Get Moving toward a mentally and physically healthier life.

Program	Date	Initials	Program	Date	Initials	Program	Date	Initials

Fold along the middle line and in thirds. Cut off excess paper to create a tri-fold wallet size tracking form convenient for carrying to a fitness class, educational forum or special event! Collect signatures through participation in Education, Special Events or Fitness Classes and redeem those signatures for incentives that will keep you Moving!

Working on your wellness through other venues or at home? You too can earn incentives by improving in your wellness in the categories recorded in your personal wellness profile. Don't make excuses…Get Moving!