

Virtual

Climb to the Top of Mount Taranaki

Team Registration and Record Form

Team Name:
Team Leader:
Phone:
Organisation/ Dept:
Email:

Choose your activity, or a combination of:

Stair climbing	2 flights of stairs = 1 floor of stairs
Walk, run	1 minute = 1 floor of stairs
Cycling	5 minutes = 1 floor of stairs
Gym - rowing	1 minute = 1 floor of stairs
- crosstrainer	1 minute = 1 floor of stairs
- treadmill	1 minute = 1 floor of stairs

Names of Team Members	No. of Floors Climbed/ Minutes Exercised (total at end of May)
1)	
2)	
3)	
4)	
5)	
Team Total:	

Please register by returning a copy of this form by Monday 28th April
Once your team has finished, enter totals and fax back by Friday 6th June

Return to: Lisa Hamilton - Health Promotion Unit, Taranaki District Health Board
lisa.hamilton@tdhb.org.nz Fax: (06) 753 7788

REGISTRATION & RECORD FORM May 2008