## **Granite State Restart Participant Weekly Tracking Form**



Participant: \_\_\_\_\_ Local Program: \_\_\_\_\_

Mountain: \_\_\_\_\_ Phone: \_\_\_\_\_ Long-sleeved T-shirt size: \_\_\_\_\_

Circle or underline type of participant: Athlete / Unified Partner / Family Member / Friend / Volunteer

Day/Date	Physical/Health Activities Completed	Personal/Social Activities Completed	Points
	l s worth one (1) point. See <i>Sample of Activities.</i> The ot be more than the number of physical or health-re		

Choose any number of activities to complete in any number of days each week.

## Granite State Restart Participant Tracking Summary



Participant: \_\_\_\_\_\_ Local Program: \_\_\_\_\_\_

Mountain: \_\_\_\_\_\_ Phone: \_\_\_\_\_\_ Long-sleeved T-shirt size: \_\_\_\_\_

Circle or underline type of participant: Athlete / Unified Partner / Family Member / Friend / Volunteer

Each week or two, communicate your activities and points so that you can receive the point total prizes in a timely manner.

Week of	Total Points
September 14-20	
September 21-27	
September 28-October 4	
October 5-11	
October 12-18	
October 19-25	
October 26-November 1	
November 2-8	
November 9-15	
November 16-22	
November 23-29	
November 30-December 6	
December 7-13	
Grand total points =	

Please tell us your total points no later than December 18.