

Community Fitness Event

Proof of Attendance

Macon County Employee Name: _____

Department: _____

Community Fitness Event: _____

Date: _____

Location: _____

Contact: _____

Employee Signature: _____

Examples of fitness activities include, but are not limited to: Relay for Life, March of Dimes, Nantahala Hiking Club hikes, 5Ks, Bike Races, etc. If an event is not listed please contact Jen Germain at (828) 349-2084, jgermain@maconnc.org or Kristina Loughborough, kloughborough@maconnc.org at (828) 349-2425 to determine if event counts to receive LIFE points.

Proof of Attendance Sheet MUST be turned in to Jen Germain or Kristina Loughborough by email or at the Macon County Public Health center in order to receive points.

Participants can receive 7 LIFE points for participating in these events. Maximum LIFE points that can be earned for these events are 35 LIFE points.

