



Alzheimer's Arkansas Fitbit Challenge Information Sheet



Alzheimer's Arkansas has started a challenge to get you motivated for the upcoming 2016 Walks and to have fun competing with friends, family and team members.

How to start a Fitbit Challenge?

To start a challenge you will need the Fitbit app for iOS, Android, Windows Phone, or Windows 10. After you open the app, just tap the Challenges tab to get started. If you want to compete against yourself, skip the step for adding friends. If you're using the Fitbit app for iOS, you can see your contacts and any Facebook Friends who are Fitbit users but not yet your Fitbit friends. Any person from these lists that you invite to the challenge will also be added as a Fitbit Friend.

Step 1: Find Sponsors (download Fitbit Challenge Sponsor Pledge Form). This will give you a head start for the 2016 Walks.

Step 2: Invite Friends to join your challenge or compete against yourself

Step 3: Decide on a type of challenge:

- Daily Showdown - Who can get the most steps today?
- Weekend Warrior - Who can get the most steps over the weekend?
- Workweek Hustle - Who can get the most steps Monday through Friday?
- Goal Day - How many participants can reach their daily step goal?

Step 4: Keep a log (download Fitbit Challenge Log)

Step 5: Start your challenge

Step 6: Collect from your Sponsors and mail in your completed pledge form along with contributions to Alzheimer's Arkansas.



Rally

and



Across Arkansas

FITBIT CHALLENGE SPONSOR PLEDGE FORM (Only one Walker per Pledge Form)

Walk Location: _____
 Name: _____
 Phone: (H) _____ (C) _____
 Home Address: _____
 City: _____ State: _____ Zip: _____
 Email Address: _____
 Team Name (If applicable): _____

- THINGS TO REMEMBER:**
1. **PRINT** all information.
 2. **SIGN** this form at the bottom.
 3. **BE SURE** your sponsors understand their commitment to you and Alzheimer's Arkansas
 4. **START COLLECTING** pledges today.
 5. **MAKE CHECKS** payable to "**Alzheimer's Arkansas**"
 6. **WRITE** your **name** or the name of the **Walk City** in the memo section of all checks.
 7. **PLEASE** make a copy of the pledge form for yourself!

SPONSOR'S FULL NAME	ADDRESS / EMAIL ADDRESS	CITY, STATE, ZIP	PHONE	I pledge to pay Amount:	For the Total # of Miles Walked	Total Amount of Pledge or Flat Donation	Paid Y or N
<i>Sample: J. Donator</i>	<i>12345 Main Street jdonator@yahoo.com</i>	<i>My Town, AR 00000</i>	<i>222-555-5555</i>	<i>\$.25</i>	<i>50</i>	<i>\$12.50</i>	<i>Y</i>
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							
11.							
Total Amount:						\$	

MAKE CHECKS PAYABLE TO: ALZHEIMER'S ARKANSAS
 YOUR CHECK IS YOUR RECEIPT.
 MAIL COMPLETED PLEDGE FORM AND CONTRIBUTIONS CHECK TO:
 ALZHEIMER'S ARKANSAS, 201 MARKHAM CENTER DRIVE, LITTLE ROCK, AR 72205
DO NOT SEND CASH
 QUESTIONS...CALL 501-224-0021

I hereby waive all claims against Alzheimer's Arkansas, sponsors and any personnel for any injury I might suffer during this event. I attest that I am physically fit and prepared for this event. I understand that I may be photographed at this event and hereby give permission for my likeness, voice and statements to be used in press releases, marketing materials, website and/or other materials.
 Signature of walker: _____
 Parent/or guardian signature if less than 18 years of age: _____

