



## GET FiT Lubbock

Team Roster



GET FiT Lubbock is a 12-week fun competition to help you meet your fitness and weight goals. The GFL competition includes exercise and weight loss activities, encouragement and support from health and fitness professionals, free GET FiT lectures and much more. The competition begins September 15, 2007 and ends December 8, 2007.

Teams of 6-10 people will compete for points based on time spent in fitness activities, pounds lost, attendance at GET FiT lectures and participation in community run/walk events. Prizes will be awarded to the top 3 *teams* and top 3 individuals per gender and age group.

**Team Name:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Captain:** \_\_\_\_\_

Full Name (print)	Email	T-Shirt Size
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