

GYM RAT LOG-IN SHEET

1. Must attend the Fitness Center 50 times and sign and date each time (honor system)
2. Make sure you sign upon arrival or departure from your workout session (staff verifies your sheet)
3. Keep track of this log-in sheet in your personal folder
4. Turn it in to the Fitness Center staff once 50 signatures and dates have been obtained
5. The Fitness Center staff will issue your "Gym Rat t-shirt" (limit two shirts per year)

Participant's Name: _____

Sign and Date Below In Each Block

1.	2.	3.
4.	5.	6.
7.	8.	9.
10.	11.	12.
13.	14.	15.
16.	17.	18.
19.	20.	21.
22.	23.	24.
25.	26.	27.
28.	29.	30.
31.	32.	33.
34.	35.	36.
37.	38.	39.
40.	41.	42.
43.	44.	45.
46.	47.	48.
49.	50.	

Patron's signature for shirt received: _____

Staff signature for shirt given: _____

Date: _____