



FITNESS LOG

Exercise for at least 30-minutes and log it, for a chance to win Broncos prizes!

Parent Name: _____

Parent's Email address: _____ Phone #: _____

Mailing address: _____

Child's Name: _____ Date of Birth: _____

Child's Grade: _____ T-shirt Size: _____

Please write legibly. We cannot include you in our rewards list if we are unable to decipher your information.

DESCRIBE THE PHYSICAL ACTIVITY	DURATION

Once the exercise/physical activity is complete, ask a trusted adult to help submit it electronically by scanning it/taking a picture and sending it to BroncosBookworms@Broncos.NFL.net.