



REGISTRATION FORM

NAME (INDIVIDUAL) _____

EXERCISE (CIRCLE ALL THAT APPLY):

WALK RUN BIKE SKATE SKATEBOARD
KAYAK HIKE SWIM YOGA DANCE
OTHER: _____

EXERCISE GOAL:

_____ HOURS OR _____ MILES

TIMELINE (CIRCLE ONE):

30 DAYS 60 DAYS 90 DAYS

SUPPORTING (CIRCLE ONE):

INTERFAITH OUTREACH ASSOCIATION DAILY BREAD
MEALS ON WHEELS FREEDOM SCHOOL
PARKVIEW COMMUNITY MISSIONS BROOKHILL FARM

FUNDRAISING GOAL: \$ _____

T-SHIRT SIZE:

INDIVIDUAL: ADULT SMALL MEDIUM LARGE XL XXL

WILL PICK UP T-SHIRTS AT PBC _____

PLEASE MAIL T-SHIRTS TO THIS ADDRESS: _____

PLEASE SIGN:

I UNDERSTAND THAT I AM PARTICIPATING IN A VOLUNTARY EXERCISE PROGRAM,, SETTING MY OWN GOALS BASED ON SAFE EXERCISE PRACTICES FOR MYSELF. I AGREE TO EXERCISE SAFELY. I UNDERSTAND THAT I AM INVITING OTHERS TO DONATE TO LOCAL NON-PROFITS AND THAT ALL MONEYS DONATED WILL GO DIRECTLY TO THE NON-PROFIT CHOSEN.

(SIGNATURE REQUIRED FOR PARTICIPATION)

SIGNATURE: _____

SOCIAL MEDIA:

I AGREE TO ALLOW MY IMAGE TO BE USED ON SOCIAL MEDIA TO PROMOTE AND SUPPORT THIS PROGRAM (NOT REQUIRED FOR PARTICIPATION).

SIGNATURE: _____



REGISTRATION FORM (TEAM)

TEAM NAME _____

TEAM MEMBER NAMES:

EXERCISE (CIRCLE ALL THAT APPLY):

WALK RUN BIKE SKATE SKATEBOARD
KAYAK HIKE SWIM YOGA DANCE

OTHER: _____

EXERCISE GOAL:

_____ HOURS OR _____ MILES

TIMELINE (CIRCLE ONE):

30 DAYS 60 DAYS 90 DAYS

SUPPORTING (CIRCLE ONE):

INTERFAITH OUTREACH ASSOCIATION DAILY BREAD
MEALS ON WHEELS FREEDOM SCHOOL
PARKVIEW COMMUNITY MISSIONS BROOKHILL FARM

FUNDRAISING GOAL: \$ _____

T-SHIRT SIZE:

TEAM MEMBERS-WRITE NUMBER OF EACH SIZE:

YS___ YM___ YL___
AS___ AM___ AL___ XL___ XXL___

WILL PICK UP T-SHIRTS AT PBC _____

PLEASE MAIL T-SHIRTS TO THIS ADDRESS: _____

PLEASE SIGN:

I UNDERSTAND THAT I AM PARTICIPATING IN A VOLUNTARY EXERCISE PROGRAM,, SETTING MY OWN GOALS BASED ON SAFE EXERCISE PRACTICES FOR MYSELF. I AGREE TO EXERCISE SAFELY. I UNDERSTAND THAT I AM INVITING OTHERS TO DONATE TO LOCAL NON-PROFITS AND THAT ALL MONEYS DONATED WILL GO DIRECTLY TO THE NON-PROFIT CHOSEN.

(SIGNATURE REQUIRED FOR PARTICIPATION)

SIGNATURE: (TEAM CAPTAIN) _____

SOCIAL MEDIA:

I AGREE TO ALLOW MY IMAGE TO BE USED ON SOCIAL MEDIA TO PROMOTE AND SUPPORT THIS PROGRAM (NOT REQUIRED FOR PARTICIPATION).

SIGNATURE: _____



HOW THE MOVING4GOOD PROGRAM WORKS

MOVING4GOOD IS A PROGRAM OF PEAKLAND BAPTIST CHURCH IN LYNCHBURG, VA. OUR GOALS IN CREATING THIS PROGRAM ARE:

1. TO RAISE MONEY AND AWARENESS FOR LOCAL NON-PROFIT ORGANIZATIONS WHICH ARE DEALING WITH INCREASED NEED IN THE COMMUNITY DURING THE CORONAVIRUS CRISIS;
2. TO ENCOURAGE EACH OTHER IN HEALTHY PRACTICES, INCLUDING PHYSICAL EXERCISE AT THE LEVEL THAT IS APPROPRIATE FOR EACH INDIVIDUAL IN OUR COMMUNITY;
3. TO BUILD COMMUNITY AMONG OURSELVES AND WITH OUR NEIGHBORS HERE IN LYNCHBURG.

WHEN YOU REGISTER FOR OUR PROGRAM, YOU WILL DECIDE:

YOUR EXERCISE GOALS

YOUR FUNDRAISING GOALS

THE ORGANIZATION YOU WOULD LIKE TO SUPPORT (WE OFFER SIX CHOICES AMONG LOCAL ORGANIZATIONS WHICH ARE CARING FOR COMMUNITY NEEDS RIGHT NOW):

INTERFAITH OUTREACH ASSOCIATION <https://www.interfaithoutreach.org/get-involved/>

DAILY BREAD <http://lynchburgdailybread.com/donate/>

MEALS ON WHEELS <https://mealsonwheelslynchburg.org/Give>

FREEDOM SCHOOL <https://welcometothelistening.org/freedom-schools>

PARKVIEW COMMUNITY MISSIONS <https://www.parkviewcommunitymission.org/copy-of-donate-1>

BROOKHILL FARM <https://brookhillfarm.org/giving>

ONCE YOU HAVE REGISTERED, YOU WILL RECEIVE YOUR T-SHIRT(S); WE ENCOURAGE YOU TO THEN:

- TAKE A PICTURE OF YOURSELF IN YOUR T-SHIRT.
- POST YOUR PICTURE, ALONG WITH EXERCISE GOALS AND THE ORGANIZATION YOU ARE SUPPORTING ON YOUR SOCIAL MEDIA PAGES.
- CONNECT TO THE PBC WEBSITE AND USE THE HASHTAG #MOV4GOOD WHENEVER YOU POST.
- ENCOURAGE DONORS TO DONATE DIRECTLY TO ORGANIZATIONS THROUGH THEIR WEBSITES: THE LINKS ARE PRINTED ABOVE. POST THE LINKS AND NEVER HANDLE ANY FUNDS!
- POST UPDATES, ENCOURAGE EACH OTHER, SHARE INFORMATION ABOUT THE NON-PROFIT YOU SUPPORT.

WHEN YOU MEET YOUR GOAL, LET US KNOW! THERE ARE REWARDS!