

This form is to be returned to Debbie Kardas. Mail to: 40 Garden St, Poughkeepsie NY 12601 or email benefittrust@ppsta.org

UMR/PPSTA Wellness Program Verification Form

To be utilized for:

- 1.*Voluntary Group Activity (Walking Club, yoga, dance, etc.) 20 completed activities = 1 point; max of 6 points
2. Choice of miscellaneous fitness activity - minimum of 30 minutes (30 minutes of activity 20 times = 1 point); max of 6 points

Please use a separate sheet for each activity.

	DATE	Signature of Provider, instructor, coach, gym, etc
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