

Make Your Trainer Sweat Gold: Sweat Pledge Form

Your Name:

Your Trainer's Name:

<u>Exercise</u>	<u>Coster Per Reps</u>	<u># Reps</u>	<u>Total:</u>
Box Jumps	\$3.00		
Push Up's	\$3.00		
Dips	\$3.00		
Squats	\$3.00		
Rowing	\$3.00 per Calorie		
Burpies	\$5.00		
Pull Up's	\$5.00		
Total Donation:			

Select donation method:

- Donated Online
 Donated Cash or Check

Your donations are 100% tax deductible. If you donated cash or check and would like a donation receipt please complete the following information:

Mailing Address:	
Email Address:	