



Step Up Forsyth! 2012 Evaluation and Activity Log Info

Please take a few minutes to complete the Step Up Forsyth program evaluation at

[Step Up Forsyth! Let's Go Local Program Survey 2012](#)

Your input will help us improve Step Up Forsyth in 2013!

ACTIVITY LOG SHEET INSTRUCTIONS:

If you logged your time electronically, YOU ARE FINISHED!

For a certificate of completion, [click here](#)

INDIVIDUAL PARTICIPANTS—paper

If you logged your time on paper as an individual participant, please send us your activity log :

1. FAX - 336-727-8034
2. Scan and email - stepupforsyth@forsyth.cc
3. Mail: Step Up Forsyth
FCDPH/PHS
799 North Highland Avenue
Winston-Salem, NC 27101
4. You may drop your activity log sheet off at the health department (address above)

Please be sure your name and email are included on your log form (please write clearly).

If you registered electronically but kept your time on a paper activity log, please transfer the information from your paper log form into the e-log form - [click here](#)

and enter your email and password (you can retrieve your password from the site if you forgot your password. Go to "Track Activity" to enter your time electronically.

TEAM PARTICIPANTS—Paper log sheets

If you logged your time on paper, please turn your log sheet in to you your TEAM CAPTAIN. Team captains—please send us all team member log forms (we will transfer time to your team). You can send us this info any of the 4 ways listed above.

PRIZES

We will make every effort to award prizes the first week of December.

[Click here](#) for the prize list.



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Please turn in all activity log sheets by Wednesday, November 23.



Call 336-703-3110 if you have questions. Thanks for your participation!



You can obtain a certificate of completion by [clicking here](#)

