

# 2019 Ozaukee County Exercise Form

**Employee/Spouse**

Please fill in your name and then follow the direction below to submit your form

Participant Name (Please Print)

Date of Birth

Ozaukee County: Employee \_\_\_ Spouse \_\_\_

If the participant is a spouse: List Employee Name

**HOW TO SUBMIT THIS FORM**

Please submit this for by email to Ellen Jarr ([ejarr@co.ozaukee.wi.us](mailto:ejarr@co.ozaukee.wi.us)) or by dropping it off/ mailing to:

Ozaukee County  
 Attn: Ellen Jarr – Human  
 Resources  
 121 W. Main Street  
 Port Washington, WI 53074

## Fitness Tracking Chart

Date	Minutes	Date	Minutes	Date	Minutes
<b>Total Minutes</b>					

900 Minutes = 15 hours

**Track Your Exercise**  
 Must complete and track fifteen (15) hours of exercise over a three (3) month span to earn 25 points. May be completed up to three (3) times in 2019 for a maximum of 75 points. Three (3) month spans may not overlap. If you have a smart device, app, gym membership, etc. that can track and report this information, you may complete the top section of this form, attach your report, and submit to HR for points.