

Name (Optional):		Phone (Optional):	
Check One: <input type="checkbox"/> Cancer Survivor <input type="checkbox"/> Co-survivor	Are you a past participant?	Indicate your level of interest to participate in 2016: (0 = no interest, 10 = great interest)	Comments:
Activity:			
Active Survivors of Sheboygan: Completing and submitting exercise logs each month to qualify.	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Gentle Yoga for Cancer Survivors: Introductory Class and/or Monday Night Class at YMCA.	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Steps to Survivorship: Group walks (YMCA, Lakefront, MOA/SCBS, Road America Track, SHS Fieldhouse, etc.)	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Hiking Along the Cancer Journey: Trail Hikes (Day Hikes) on Black River Trail, Ice Age Trail, etc.	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Hiking Along the Cancer Journey: Multi Day Backpacking Trips.	YES NO	0 1 2 3 4 5 6 7 8 9 10	
UP/DOWN the River WITH a Paddle: Kayak or canoe opportunities on the Sheboygan River.	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Survivors on Snowshoes: Various locations throughout the winter season.	YES NO	0 1 2 3 4 5 6 7 8 9 10	
DIScovering DISC Golf: Non-competitive disc golf course opportunities on simple beginner courses.	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Tai Chi: Periodic Introductory Workshop	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Hoop Dance: Periodic Introductory Workshop	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Survivorship Through the Lens: Outdoor photography workshops and field trips.	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Mini Retreat(s): Activities may include hiking, paddling, yoga, ropes course/climbing wall, at Camp Y-Koda	YES NO	0 1 2 3 4 5 6 7 8 9 10	
Additional Comments (i.e., What activities would you like to see offered?):			

Return Questionnaire to: SCCC, 1621 N. Taylor Drive, Suite 100, Sheboygan, WI 53081 or trenzelmann@physhealthnet.com