



LIVESTRONG®

AT THE YMCA

**The Sheboygan County Cancer Care Fund,
The Sheboygan County YMCA,
And Area Cancer Patients & Survivors Are**

Making Sheboygan County the Healthiest Place to Survive Cancer!

Active Survivors of Sheboygan (A.S.S.) Activity Log!

Earn a Spot on the A.S.S. Team (Olympian, Varsity, Junior Varsity, Team Member) based on how many days per month you exercise for 30-minutes or more!

Eligible Participants: To be true to the “Active SURVIVORS of Sheboygan” name, this challenge is open to area cancer patients/survivors ONLY!

- 1) You choose the activity, the duration, and the intensity of your daily activity.
- 2) Record your activity on the A.S.S. log and verify that you have completed at least thirty minutes of exercise/activity (and if you attended a scheduled in-person LIVESTRONG or Survive, Thrive & Be Fit activity that day).

Cumulative Walk/Run, Row, and/or Bike Log!

Walk/Run 26.2 miles, Row 100 kilometers, Bike 100 miles cumulatively (in as many or as few days as you want). One event per season (winter, spring, summer, fall).

Eligible Participants: Area cancer patients/survivors, co-survivors (must be the guest of a participating survivor), and local oncology medical professionals.

- 1) You choose to accumulate 26.2 miles walking, 100-kilometers rowing, and/or 100-miles biking during each season of the year (Winter: 12/21 to 3/19), Spring (3/20 to 6/20), Summer (6/21 to 9/21), and Fall (9/22 to 12/21).
- 2) Record and total your daily distances on the attached log.

Submit current logs monthly (preferred) or by 4/15, 7/15, 10/15, and 1/15 to be included in updates and incentives.

Mail: Active Survivors of Sheboygan, 1621 N. Taylor Drive, St. 100, Sheboygan, WI 53081

E-mail - Scanned/photographed copies to trenzelmann@physhealthnet.com

Contact: SCCC ST&BF – Tim E. Renzelmann, trenzelmann@physhealthnet.com, 920.457.2223
YMCA LIVESTRONG – Carrie or Denice, 920.451.8004, ext 130

Name:				Phone:		DECEMBER, 2022			
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Checks for the Month:									

We are "Making Sheboygan County the Healthiest Place to Survive Cancer!"

Active Survivors of Sheboygan (Open to Cancer Survivors ONLY): 20+ "Yes" checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt. 3-month average: Gold/Olympian=4.0+, Silver/Varsity=3-3.99, Bronze/Junior Varsity=2-2.99, Team Member=1-1.99

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Please submit monthly logs by the 15th of the following month (e-mail to trenzelmann@physhealthnet.com or drop off/mail to SCCC ST&BF, 1621 N. Taylor Ste 100, Sheboygan, WI 53081). Details at www.scccf.org or call Tim at 920.457.2223.

Name:				Phone:		<h1>JANUARY, 2023</h1>			
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver									
Active Survivors of Sheboygan					I exercised 30-minutes or more today?	Cumulative Run/Walk, Row, Bike:			
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