

Team Component Checklist



Fighting Heart Disease and Stroke

"The nice thing about teamwork is that you always have others on your side." — Margaret Carty

CHOOSE TO MOVESM

- ☐ Complete and fax *Team Component Registration Form* and *Team Profile* to Attn: **Choose To Move** at (214) 706-5244.
- ☐ Distribute registration packets to team members.
- ☐ Collect and mail registration forms to **Choose To Move** at address below.
- ☐ Look at the *"Move and Groove" Activities* for ideas. (Optional)
- ☐ Complete *Team Component Activity Sheet* for each activity. (Optional)
- ☐ Complete *Team Evaluation* at the conclusion of the program.
- ☐ Collect and mail these forms to us at the end of the **Choose To Move** program.

Team Component Activity Sheets (if applicable)

Team Evaluation

Post Program Forms for Each Team Member (Located in the back of the **Choose To Move** handbook.)

Our mailing address is:

American Heart Association

Attn: Choose To Move

7272 Greenville Ave.

Dallas, TX 75231

If you have any questions, please e-mail us at ctm@heart.org.



Bayer Aspirin®, maker of the Bayer Women's Aspirin Plus Calcium is a proud sponsor of the Choose To Move program for women.