



KIDS OFF THE KOUCH PARTICIPATION SIGNUP  
(Pilot Period)

Child/Participant: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City St. Zip: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City St. Zip: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

Known/Diagnosed Illness, allergies, etc. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physician: \_\_\_\_\_

Contact Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Last doctor visit:

Date of Last Dr. Visit: \_\_\_\_\_

- Checkup
- Wellness
- Illness
- Vaccination

On Medication?

Type of Med(s): \_\_\_\_\_

- Yes
- No

\_\_\_\_\_  
\_\_\_\_\_

I hereby authorize and approve my child \_\_\_\_\_ to participate in the Kids Off the Kouch Wellness Program during the pilot period, beginning March 23, 2024 Thru April 20, 2024.

I understand that my child and their approved exercise partner will attend the health screening on March 23, 2024 at the Adventist Health Hillman Health Clinic at 2059 N, Hillman St. – Tulare, Ca 93274 (559-605-0090).

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

- Prizes and awards are not a guarantee and are based on participation, documentation of hours exercised, and most improved progress.
- Regular K.O.T.K. will begin June 1, 2024, and run to June 1, 2025. Grand Prize for the regular session will be two entry passes to Disneyland (Anaheim, Ca.) Winner will be responsible for their own transportation to and from and all other expenses in connection with the trip.