

WORKOUT VERIFICATION FORM

Contestants receive 0.25 competition points per one-hour workout. In order to get credit and receive competition points, both beginning and ending times must be verified by an appropriate signature.

Qualified dates are **September 29—October 31, 2025**.

Contestant Name _____

Contestant Number _____

By my signature below, I certify that this contestant worked out as indicated.

Date	Time Began	Time Completed	Teacher/Parent/Gym Employee Signature
Sept. 29			
Sept. 30			
Oct. 1			
Oct. 2			
Oct. 3			
Oct. 4			
Oct. 5			
Oct. 6			
Oct. 7			
Oct. 8			
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Oct. 25			
Oct. 26			
Oct. 27			
Oct. 28			
Oct. 29			
Oct. 30			
Oct. 31			

Whidbey Royalty

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