MILES FOR MENTAL HEALTH

SPONSORSHIP PLEDGE FORM

NAME: _____

From February 1, 2021 to March 31, 2021 I will be participating in the Pillar Fitness Miles for Mental Health challenge. I will have 2 months to collect as many points as possible by logging miles in my run, row, bike, or ski. Points will be collected based on the following scale: I will receive 1 point if I complete any of the following…1 mile run, 1000m ski, 2000m row, or 3000m bike or 1/2 point for 800m run, 500m ski, 1000m row, 1500m bike (1 point = $1 donation; 1/2 point = $.50). You an also do a one time donation towards my challenge in a domination of your choice! Points will be added up at the end of the 6 weeks and donations will be accepted at the completion of the challenge. The funds colllected will go to benefit Harbor a leading mental health and substance use disorder treatment provider in Ohio. I hope you can help by sponsoring me! ***THANK YOU!***

Sponsor Name	Phone Number	Pledge Per Point	(or) Donation	Total Amount

Please return this form to Pillar Fitness by April 1st. Please log your miles/points on the LOG FORM. Pledges will be collected once the miles are completed!

THANK YOU FOR YOUR SUPPORT!