

# Fountain Project Exercise Drive

**Ends on Nov 21<sup>st</sup>**

Dear participants, during the pandemic years, it is more important than ever to exercise regularly to stay healthy. Not only does regular exercise strengthen the immune system, Fountain Project will also be donating food to families immediately in need. For every 15 minutes that you exercise or meditate (any form welcomed), Fountain Project will donate \$2.50 of food to Bay Area Rescue Mission, a local homeless shelter in Richmond, California.

Each person can enter up to 60 minutes per day (15 min per unit, up to 4 units per day max). Please submit your completed form once the form is filled up. The Fountain Project is aiming to raise a total of 900 hours of exercise which is equivalent to \$9,000 worth of food  
(For fresh baked bread, canned cranberries, rice and beans for Thanksgiving).

One person per form. We hope you will join Fountain Project to complete its ‘exercise drive’ to donate food to the families in need.

## **YOU DO THE EXERCISE AND WE DO THE SHOPPING THERE IS NEVER TOO MUCH OR TOO LITTLE EXERCISE!**

Email the finished form to [info@fountainproject.org](mailto:info@fountainproject.org)

\*Must be at least 5 years of age to enter

\*If you are between 5 to 18 years of age, you must have your legal guardian’s or parent’s consent to enter.

\* Use additional sheet to enter if needed. Drive ends on Nov 21st

Name and email address (your information will be kept confidential and will not be shared outside of FP)	Date and time of completion (Enter the start time and end time)	Type(s) of Exercises or Meditation example: walk: 15 min meditate: 15min	Number of minutes completed *At least 15 minutes (1 unit) Max 4 units or 60 minutes per day
<b>Your name: (write here)</b>			
<b>Your age:</b> _____ (if your age is 5 to 18 years, you must have your legal guardian's consent with their initial here _____)			
<b>Email address:</b>  _____			
(this is for us to send you questions if your form is unclear <b>and</b> we will send you future notification of our events)			

\*Participants in the Exercise Drive will not receive any monetary value from Fountain Project.

\* Fountain Project is not responsible for any injury as a result of the Exercise Drive

Questions? Email: [info@fountainproject.org](mailto:info@fountainproject.org)

**THANK YOU VERY MUCH!**