



## Walk/Run Pre-Registration Form

WTJX has launched an Eat Right, Exercise for Life! Obesity Campaign to encourage Virgin Islanders to adopt a healthier lifestyle.

This Walk/Run event is planned with you in mind. You have the opportunity to track your progress by completing this survey today and then again at the Walk/Run event.

What:           2-mile Fitness Walk/Run  
 Where:         St. Croix, St. Thomas, St. John  
 When:          November, March, June

Please complete this two-page form. Drop off completed survey at a WTJX designated location or complete survey online at <http://virginislandspace.org>.

### Please Print

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Phone #(s): \_\_\_\_\_

Sex: Male  Female  Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**In preparation for the event, please be sure to walk or run for two (2) miles and time yourself. Record the results below.** On the day of the event you will once again run or walk two miles, but your time will be recorded by an electronic chip that will be provided to you.

**On \_\_\_\_\_ (date), I walked/ran 2-miles in \_\_\_\_\_ minutes.**

I will participate in the Walk/Run event on: St. Croix  St. Thomas  St. John

*Signature:* \_\_\_\_\_ *Date:* \_\_\_\_\_

*I am under 18 and this is my parent/guardian's signature:*

\_\_\_\_\_ *Date:* \_\_\_\_\_



**Based on your current habits, read the following questions and place an “x” on the appropriate line.**

1. How many days a week do you exercise?  
1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_ 5 \_\_\_\_ 6 \_\_\_\_ 7 \_\_\_\_
2. How many minutes do you exercise per session?  
less than 30 minutes \_\_\_\_ 30 to 45 minutes \_\_\_\_ 45 to 60 minutes \_\_\_\_ more than 60 minutes \_\_\_\_
3. Which type of exercise do you do most often?  
walk \_\_\_\_ run \_\_\_\_ bike \_\_\_\_ swim \_\_\_\_ other \_\_\_\_\_
4. How many cups (8 ounces) of water do you drink a day?  
none \_\_\_\_ 1 to 3 cups \_\_\_\_ 4 to 6 cups \_\_\_\_ 7 to 9 cups \_\_\_\_ 10 or more cups \_\_\_\_
5. How often do you eat breakfast in a week?  
never \_\_\_\_ less than once a week \_\_\_\_ 1 to 3 times a week \_\_\_\_ 4 to 6 times a week \_\_\_\_ daily \_\_\_\_
6. How often do you drink sugary beverages (soda, malt, juice drinks, etc.) and/or eat unhealthy snack foods (cookies, tarts, candy, etc.)?  
never \_\_\_\_ less than once a week \_\_\_\_ 1 to 3 times a week \_\_\_\_ 4 to 6 times a week \_\_\_\_ daily \_\_\_\_
7. How often do you eat healthy meals with lots of vegetables and fruits?  
never \_\_\_\_ less than once a week \_\_\_\_ 1 to 3 times a week \_\_\_\_ 4 to 6 times a week \_\_\_\_ daily \_\_\_\_
8. How often do you eat fried foods, dressings, sauces, gravies, butter and/or margarine?  
never \_\_\_\_ less than once a week \_\_\_\_ 1 to 3 times a week \_\_\_\_ 4 to 6 times a week \_\_\_\_ daily \_\_\_\_
9. Which of the following do you primarily eat?  
whole grains \_\_\_\_ white pasta, white rice and/or white bread \_\_\_\_
10. When you buy food, do you read the Nutrition Facts label?  
yes \_\_\_\_ no \_\_\_\_

**Congratulations! You have completed the pre-registration process for WTJX’s Eat Right, Exercise for Life! Obesity Campaign Walk/Run event.**

Invite family and friends to register for the event by logging onto <http://virginislandspace.org> or by picking up a form at a WTJX designated location.

For more information call WTJX at (340) 773-3337 ext. 245.