



## 2022 Lift-A-Thon Fundraiser for Special Olympics Pledge Sheet

The Wellness Center is hosting their first Lift-A-Thon to fundraise funds for the Special Olympics.

- Each competitor will participate in Squat, Bench and Deadlift.
- The amount of your pledge per pound will be applied to the combined weight of all three lifts. For example: Uncle Tom pledges .05 cents per pound. You squat 500lbs, bench 200 lbs and deadlift 400 lbs for a combined 1,100 lbs. You collect  $.05 \times 1,100 = \$55$  from Uncle Tom.

### Important:

- Lift-A-Thon will be on **April 23rd at 9am.**
- Bring this pledge sheet with you to the competition.
- All pledge money must be turned into the WC Admin. office by May 2nd.

Competitor Name: \_\_\_\_\_ Squat: \_\_\_\_\_ Bench: \_\_\_\_\_ Deadlift: \_\_\_\_\_ Total: \_\_\_\_\_

Name:	Phone #:	Contribution:	Cash or Check:	Total Amount:
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				