# KEEP COMING

(READ the DIRECTIONS CAREFULLY)

**Option 1: Staywell Exercise Room**

- Use the **Staywell Center exercise room** in the Admin. Building over a three month period
  - $15 Gift Card – May = 8 times
  - $15 Gift Card – June = 8 times
  - $15 Gift Card – July = 8 times
- Visit confirmation will be confirmed by badge records.
- Program is open to employees and spouses (The center is now open for spouses to return, contact Brian for access, if not already badged).
- No substitutions; *this program is specifically to encourage the use of IPSC facilities and equipment*.

**Option 2: Outlying Areas or combination of Staywell Center and IPSC outlying areas.**

- Outlying areas (RSC, Convertor Station, Control Rooms, Labs).
- Must sign in to receive credit. (If the area needs sign in sheets let Brian know.)
- Must have a current waiver in OnBase.

**Name: _____**

Record the date you used the IPSC facilities or equipment for exercise. **(NO DATE/NO CREDIT)**

Start Date: ____/_____/_____ End Date:____/_____/_____

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total |
|---|---|---|---|---|---|---|---|
| **Example** | ~~X VOID~~ | 10/25 | 10/26 | ~~X VOID~~ | 10/28 | | **3 X's don't count** |
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