

2017 FINAL WEIGHT RECORD FORM - GEORGE ROSE CHALLENGE

NSW KNOCKOUT HEALTH CHALLENGE



CONGRATULATIONS on completing the Challenge!!

All fields marked with * are mandatory fields

*Team Name:		
*Name:		*DOB:
*FINISH WEIGHT (1 decimal point)	*Waist (cm)	
SMOKING		
Which of the following best describes your current smoking status?		
<input type="checkbox"/> Smoke daily	<input type="checkbox"/> Ex-smoker	<input type="checkbox"/> I've tried a few times but never smoked regularly
<input type="checkbox"/> Smoke occasionally	<input type="checkbox"/> I've never smoked	If you'd like more information on quitting, tick here <input type="checkbox"/>
PHYSICAL ACTIVITY		
IN THE LAST 7 DAYS, how many times did you do 20 minutes or more of vigorous-intensity physical activity that makes you sweat or puff and pant? (e.g. Heavy Lifting, digging, jogging, aerobics or fast bicycling)	_____ times in the last 7 days	
THE LAST 7 DAYS, how many times did you do 30 minutes or more of walking? (e.g. walking from place to place for exercise or recreation)	_____ times in the last 7 days	
IN THE LAST 7 DAYS, how many times did you do 30 minutes or more of other moderate-intensity physical activity that increased your heart rate or makes you breathe harder than normal? (e.g. carrying light loads, bicycling at a regular pace or doubles tennis)	_____ times in the last 7 days	
HEALTHY EATING		
How many serves of fruit do you usually eat each day? (1 serve = 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces)	_____ serves per day	<input type="checkbox"/> don't eat fruit daily
How many serves of vegetables do you usually eat each day? (1 serve = one small handful or ½ cup of cooked vegies or 1 cup of salad vegetables)	_____ serves per day	<input type="checkbox"/> don't eat vegies daily

HEALTH PROFESSIONAL/WORKER

I have reviewed the participant information and confirm the submitted weight data as a true and accurate record.

*Name:	
*Position & Organisation	
*Signature:	*Date:

**ALL Participants to weigh in between
5-9 June 2017.**

All team forms are DUE by 9 June 2017

ALL FORMS TO BE RETURNED TO:

KNOCKOUT CHALLENGE TEAM

**Email: KOHCLiverpool.OPH@sswahs.nsw.gov.au
OR Fax: 8738 6371**