



Q1: Physical Activity Tracker

Ketchikan Gateway Borough

You'll earn 500 points towards lowering your insurance premium discount for 2019 when you complete 36 days of physical activity in 2018. Be sure to submit your tracker each quarter to healthymerits@meritain.com.

MEMBER INFORMATION	
MEMBER NAME (PLEASE PRINT):	MEMBER ID NUMBER:
FITNESS GOAL: 36 days of physical activity in 2018	

SUBMITTING YOUR ACTIVITY TRACKER <i>(Must be submitted no later than April 10, 2018)</i>	
EMAIL FORM TO:	healthymerits@meritain.com
FAX FORM TO:	1.866.215.7530
You can also snap a photo of your participation record using your smart phone and send it to the Healthy Merits team at healthymerits@meritain.com .	

Self Reported Exercise Tracker

Please use the chart below to track your exercise sessions:

Jan.	Activity
Example	30 min run
1	
2	
3	
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Feb.	Activity
1	
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March	Activity
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Goal complete? (Y/N): _____