

Iron Andy Challenge Scorecard

Step 1: Sign up for the challenge at www.ironandyfoundation.org

Step 2: Decide how you will complete each pillar of the challenge

Step 3: Get started on the challenge and HAVE FUN!

Step 4: Upon completion of each pillar, please have this scorecard signed by an authorized witness (i.e., parent, coach, teacher, race director, camp director, community leader, etc.)

Step 5: Return this form to the Iron Andy Foundation - Attention Iron Andy Challenge:

Address – 2939 West Germantown Pike, East Norriton, PA, 19403

E-mail – info@ironandyfoundation.org

Fax – 877-815-8539

PILLAR # 1 – Embrace Physical Activity Challenges

Please write a brief description about how you met the criteria in Pillar 1 including information about the activity you participated in and how you challenged yourself:

Please Print:

Name of Activity:

Name of Witness:

Title of Witness:

Pillar 1 Witness Signature _____

Pillar #2 – Give back to the diabetes community by participating in fundraising for diabetes education and awareness

Please write a brief description about how you met the criteria in Pillar 2 including information about your involvement and participation and how you challenged yourself:

Please Print:

Name of Activity:

Name of Witness:

Title of Witness:

Pillar 2 Witness Signature _____

Pillar #3 – Living and serving as a diabetes advocate and role model

Please write a brief description about how you met the criteria in Pillar 3 including information about how you served as an advocate or mentor and how you challenged yourself:

Please Print:

Name of Activity:

Name of Witness:

Title of Witness:

Pillar 3 Witness Signature _____