



# WELLNESS PROGRAM Physical Activity Form

If you are currently a member of a gym and/or decide to join a gym or take fitness classes, you can submit proof of this activity to earn wellness points. Activities may include: Aerobics, Aqua Aerobics, Body Sculpt, Boot Camp, Karate, Kickboxing, Pilates, etc. You must be able to prove that you attended at least 50 sessions/classes within 6 months. Proof of attendance may include a report from the facility showing attendance or a copy of an invoice from the activity along with a signed Physical Activity Form.

Please print clearly when completing this form.

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_ DIFFERENCE CARD # \_\_\_\_\_

CONTACT PHONE NUMBER \_\_\_\_\_

EMPLOYER NAME \_\_\_\_\_

Dates attended:


Employee signature or Facility Employee signature \_\_\_\_\_

Please fax your completed form to (914) 220-0901 or mail it to:  
The Difference Card, 245 Main Street, Suite 605, White Plains, NY 10601

If you have any questions, please call Difference Card Customer Care at (888) 343-2110.