

**IPCSA**  
**Officer Safety & Wellness Committee**

***Get Up and Go***

**Event Log ~ 2017-2018**

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
(print)

Email: \_\_\_\_\_

County/Jurisdiction: \_\_\_\_\_

Honor System Category (select only one):

**Male:**       Beginner  
                  Intermediate  
                  Advanced

**Female:**     Beginner  
                  Intermediate  
                  Advanced

<b>Month</b>	<b>Total Monthly Miles</b>
October 2017	
November 2018	
December 2018	
January 2018	
February 2018	
March 2018	
April 2018	
May 2018	
June 2018	
July 2018	
August 2018	
September 2018	
<b>TOTAL MILES</b>	

**Smart Phone App(s) Used:** \_\_\_\_\_

**By signing this document, I certify everything is true and accurate:**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Forms submitted without signature and date will not be considered)

Forms submitted **after** October 7<sup>th</sup> will not be considered. Submit via email to: Tina Varney [tvarney@co.kendall.il.us](mailto:tvarney@co.kendall.il.us) or Francie Cain at [FrancesF@lasallecounty.com](mailto:FrancesF@lasallecounty.com)

“Nobody’s a natural. You work hard to get good and then work hard to get better.” ~Paul Coffey