



FITCOMMUNICATIONS

FIT WOMEN & GIRLS – INSPIRATION AWARD

The Inspiration Award is administered by FIT Women & Girls and Fit Communications. It is designed to recognize a girl or woman that is working hard to be healthy, positive and a good role model. The funds are intended to be used to support this hard work – including fitness memberships, equipment, training and other costs associated with healthy living.

In the first year of inception, one \$500 Award will be awarded to a deserving girl/woman. Some examples of criteria are listed below. Applications are open to all ages and levels of health and fitness, although must be a Canadian resident. All applications will be reviewed by FIT Women & Girls and will be narrowed down to the Top 3 candidates. The award will be given to the candidate that receives the most number of votes on our on-line voting system. Details on this voting to follow.

CRITERIA

1. Applicant must be an active member of a sport, gym, fitness facility or program.
2. Application form, letter and photo of applicant must be received by fjgirls@fitcommunications.ca electronically by October 29, 2018.
3. Application must be accompanied by a letter from the applicant clearly stating:
 - a) What the award will be used for - including relevant costs.
 - b) Why the grant is needed.
 - c) Summary of the applicant's present and future goals.
 - d) Summary of the applicant's past involvement and/or achievements in health and fitness.
 - e) How this grant, if received, will provide the individual an opportunity to further enhance their development as an ambassador for health and wellness.
 - f) Why do you feel you deserve this award as per the above mentioned criteria?

For more information visit www.fitcommunications.ca/fitgirls/award.



FIT WOMEN & GIRLS – INSPIRATION AWARD APPLICATION

Please include a photo of yourself with the below application form.

Name: Phone Number: Street Address: City & Province: Postal Code: Email Address: Birthdate:		
Please provide your social media handles: Instagram: _____ Facebook: _____ Twitter: _____		
Have you received any other grant or award from a school, sport or similar association? This may be a community involvement award, academic or sport/fitness related. YES / NO If yes, please list grants/awards received: _____ _____		
By signing below, you consent to the use of your name, photo, social media handles and details within your application (excluding personal information such as address, phone number, email and birthdate). The use of this information will be used solely for the purposes of promotional purposes.		
Signature (if over 18 years of age)		Date
Signature of Parent or Guardian (if under 18 years of age)		Date