

Iron Mason 2016 Incentive Code

**As a participant in the Iron Mason 2016
I hereby commit to:**

- ❖ Abide by the Mason Recreation facility guidelines
- ❖ Report my physical activity progression accurately and honestly
- ❖ Have fun while putting my best foot forward
- ❖ Encourage my fellow participants to strive for their best
- ❖ Never give up on my Iron Mason goal
- ❖ Practice healthy lifestyle habits beyond physical activity
- ❖ Enjoy my new lifestyle!

