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American Heart Association
life is why™



SHAPE America
SHAPING THE FUTURE OF PHYSICAL EDUCATION
NATIONWIDE. REGIONALLY. LOCALLY.
SHAPE America and the American Heart Association collaborate on the Jump Rope For Heart program.

STUDENT'S FIRST NAME _____ STUDENT'S LAST NAME _____

GRADE _____ ROOM # _____ TEACHER'S NAME _____

NAME OF SCHOOL _____

EVENT DATE _____ RETURN THIS ENVELOPE TO TEACHER BY THIS DATE _____

I'M JUMPING IN HONOR OF _____

☐ I WANT TO GIVE MORE, SO PLEASE DO NOT SEND GIFTS. PLEASE CONVERT ALL CASH TO A CHECK(S) PAYABLE TO THE AMERICAN HEART ASSOCIATION. All donors who make donations online will receive a donation receipt.

Don't forget to share your challenge with others. Here's a script you can use:

My school is participating in Jump Rope For Heart where I am learning how to keep my heart healthy. I accepted a challenge to:

- ☐ Choose to drink water instead of sugary drinks
- ☐ Be physically active for 60 minutes a day
- ☐ Eat a fruit or veggie with every meal

Will you accept this challenge with me? I've also set a goal to raise \$_____ to fund lifesaving research and programs that help our community. Please support me by making a donation to the American Heart Association.

Paid	Donor's Name and Challenge	Cash/Check or Money Order Donation	Online Donation	Company Matching Gift Forms*	TOTAL Donations
①	Julie Jump Rope- Eat a fruit or veggie with every meal	\$25.00	INCLUDE DONATION REPORT	\$0	\$25.00
○ 1.					
○ 2.					
○ 3.					
○ 4.					
○ 5.					
○ 6.					
○ 7.					
○ 8.					
○ 9.					
○ 10.					
○ 11.					
○ 12.					
○ 13.					
○ 14.					
TOTAL DONATIONS		\$	\$	\$	\$

If you have raised \$50 or more, you've earned a T-shirt! Please mark your size:

Youth: ☐ S ☐ M ☐ L Adult: ☐ S ☐ M ☐ L ☐ XL ☐ XXL ☐ 3XL

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Jump Rope Pledge Form

Janice Boies

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the name bar.

Jump Rope Pledge Form:

Enjoying the Tune of Phrase: An Emotional Symphony within **Jump Rope Pledge Form**

In some sort of eaten by screens and the ceaseless chatter of quick interaction, the melodic beauty and emotional symphony developed by the prepared word often fade in to the back ground, eclipsed by the relentless sound and distractions that permeate our lives. But, situated within the pages of **Jump Rope Pledge Form** a charming literary treasure full of natural thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, this captivating masterpiece conducts visitors on a mental journey, well unraveling the hidden melodies and profound affect resonating within each cautiously constructed phrase. Within the depths of this moving examination, we will explore the book is main harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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