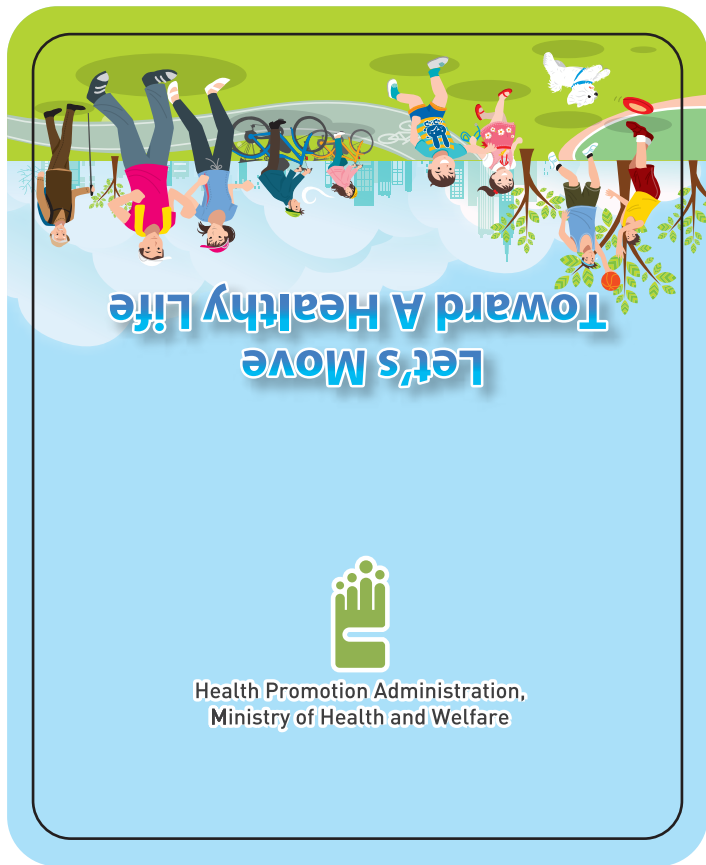


Exercise Card



Exercise Card

Name: _____

Gender: Male Female

Date of Birth: _____

Telephone Number: _____

Body Mass Index (BMI): _____ (kg/m²)

Register Unit: (stamp here)

**Please visit <http://www.bhp.doh.gov.tw> for more information.



I, _____,
herein pledge that I will reduce
_____ kilograms for the sake
of my health.

I believe that with determination, faith and perseverance, I will be able to eat smartly and exercise regularly. I vow to succeed!

Name: _____

