



## Personal questionnaire

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### SWISS ICE CHALLENGE on the 2nd of March 2019 in LAAX

#### Introduction

The first SWISS ICE CHALLENGE will take place soon and you're there!  
 Congratulations!

We are very happy to face this CHALLENGE with you on the 2nd of March in LAAX. Together with the other 50 participants you will show the world how easy it can be to do something good for yourself and others. The loss of physical and mental weakness is over - we will become the captain of our own lives again!

Please return this short questionnaire by e-mail to [info@swissicechallenge.org](mailto:info@swissicechallenge.org)

Simply print, fill in and scan or take a picture of it ☺. Your information will be treated confidentially and will not be shared with third parties.

Please do not miss the deadline until **January 12<sup>th</sup>, 2019**. A careful organization is essential for your health and the success of the first SIC 2019. Thank you for your support!

#### Personal questionnaire for participants

**Name:** \_\_\_\_\_ **M / F**

**Birth date:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**T-shirt size:** \_\_\_\_\_ **Duration of your SIC: 90 / 60 / 30 minutes**

**(Mobile)phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_