



Personal questionnaire

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

Introduction

The first SWISS ICE CHALLENGE will take place soon and yours there!
Congratulations!

We are very happy to face the 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 lines of physical and mental weakness is over - we will become the captain of our own lives again!

Please return the short questionnaire by e-mail to: info@ernswissicechallenge.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 10th, 2019**. A careful organization is essential for your health and for the success of the first ICE 2019. Thank you for your support!

Personal questionnaire for participants

Name: _____ **MR / F**

Birth date: _____

Address: _____

T-shirt size: _____ **Duration of your ICE:** 1 | 2 | 30 minutes

(Mobile) phone: _____

E-Mail: _____