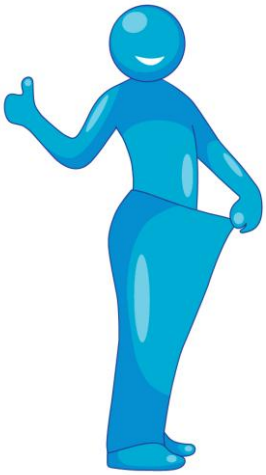

Over and above
Your Hospital Charity
supporting the Northern Devon Healthcare NHS Trust
Registered Charity No. 1051463

SPONSOR SLIM RECORD SHEET

Supporting the hospital charity
Northern Devon Healthcare NHS Trust

Start date:	Start weight:	Target weight:
……	……	……

Date	Weight	Weight loss (+ /-)

Please copy additional sheets as required.

Please talk to your doctor before beginning a diet and exercise programme. The Northern Devon Healthcare NHS Charitable Fund cannot be held liable for any personal accidents or injury.

We organise events throughout the year. If you want to take part, checkout our website at **www.overandabove.org.uk** or phone the fundraising team on 01271 311772 or email ndht.charity@nhs.net