



Are you ticked off?

**Complete the 30 Day Challenge – Deadline extended due to popular demand!
Open to all accounting, financial, and legal professionals**

What do I do?

- Exercise 30 minutes for any 30 days between October 1, 2008, and June 30, 2009.
* Only one entry per person
- Date each cell in the following chart upon completion of 30 minutes of exercise. (One per day.)
- Scan and email to info@videotax.com
- Or fax to **1-877-437-4455**
- Or mail to "30 Day Challenge"
Box 82036, GMO #2
Edmonton, Alberta T6J 7E6

Brisk walking, playing active games, participating in any organized active game, running, dancing, swimming, biking, kayaking, climbing mountains or stairs, hearty laughing, laughing yoga, yoga, yardwork ... whatever. It's up to you (and your doctor) ... just get your heart rate up a bit. (Golfing for 2 hours is one tick.)

Do it with a friend so you both can get ticked off!

Name: _____ Firm: _____

Address: _____

Postal Code: _____ Email Address: _____

T-shirt size: medium large

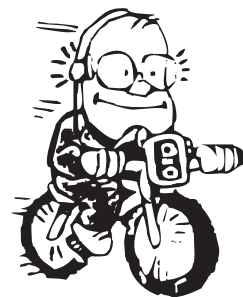
Questions? 1-877-438-2057

Contact us: info@videotax.com or www.videotax.com

Why?

To receive an incredibly handsome, limited edition, cool T-Shirt and a pedometer, and ... besides, you may enjoy a reason to exercise, and ... besides, the longer you live, the longer you can buy our stuff.

Your name will also be listed in the esteemed "30 Day Champions Hall of Fame".



Record the dates in the boxes below.

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

T-SHIRTS AND PEDOMETERS LIMITED TO THE FIRST 300 SUCCESSFUL PARTICIPANTS!