



.1 CEC - SUBMISSION FORM

PRINT THIS FORM

Use **ONE FORM** per Article or Video Rating.

To receive .1 CEC for ESA Articles and Video Safety Ratings, read the **Article** or **Video Safety Rating**, answer the 10 question **Quiz** at the end, **circle your answers on this printed form, complete all fields of information, include payment, & mail.**

The Exercise Safety Association
P.O. Box 547916
Orlando, FL 32854-7916

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL (you will receive a CEC validation form) _____ @ _____

I have completed the following ESA .1 CEC Video Safety Rating: ART# _____

I have completed the following ESA .1 CEC Article: VID# _____

Title of ART or VID _____

QUIZ ANSWERS

Circle your choice

- 1 - TRUE or FALSE
- 2 - TRUE or FALSE
- 3 - TRUE or FALSE
- 4 - TRUE or FALSE
- 5 - TRUE or FALSE

- 6 - TRUE or FALSE
- 7 - TRUE or FALSE
- 8 - TRUE or FALSE
- 9 - TRUE or FALSE
- 10 - TRUE or FALSE

METHOD OF PAYMENT

_____ I have included 1 CECoupon (coupon number) # _____

_____ I have included the \$15.00 administrative processing fee for one .1 CEC Submission

_____ I have included \$60.00 payment for a six (6) CECoupon Book and am receiving this Submission FREE plus FREE shipping & handling for the CECoupon book.

I will use the six (6) coupons to pay for six (6) future Submissions. I am saving \$45.00 over the cost of single Submissions and saving \$5.00 shipping & handling for using this form (total \$50.00 savings). The FREE .1 CEC Submission & FREE Shipping of a CECoupon book applies only on this form & if the .1CEC ART or .1CEC VID QUIZ ANSWERS are submitted with this form.

CIRCLE ONE

MY PAYMENT OF \$15.00 OR \$60.00 OR *OTHER DISCOUNTED RATE _____ IS BY:

If using a discount coupon include the original coupon or online discount code/number _____

check# _____ money order# _____

Master Card or VISA # _____ exp. date _____

Signature of Cardholder _____