



# Philippine Medical Association

## PMA: CHANGING MINDSET IN CHARTING THE FUTURE

Member : World Medical Association (WMA)  
Co-Founder : Confederation of Medical Association in Asia and Oceania (CMAAO)  
Medical Association of Southeast Asian Nations (MASEAN)  
Secretariat : PMA Bldg., North Avenue, Quezon City 1105  
Telephone Nos.: (632) 929-7361; 929-6366; 926-2447 Fax: (632) 929-6951  
Mobile: (Membership Hotline) 0917-8221357  
Emails: [info@philippinemedicalassociation.org](mailto:info@philippinemedicalassociation.org); [philmedas@yahoo.com](mailto:philmedas@yahoo.com)  
Website: [www.philippinemedicalassociation.org](http://www.philippinemedicalassociation.org)

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### MEMORANDUM CIRCULAR NO: 2017-11-07-024

**TO :** COMPONENT SOCIETIES, SPECIALTY DIVISIONS, SPECIALTY SOCIETIES AND SUBSPECIALTIES, AND AFFILIATE SOCIETIES

**CC :** NATIONAL OFFICERS, BOARD OF GOVERNORS, FILE

**SUBJECT :** SUBMISSION OF FITFIL CHALLENGE DATA

**DATE:** November 7, 2017

Greetings!

We appreciate your participation to the **FITFIL (Fit Filipino) National Weight Loss Challenge**. We hope you are keeping yourselves fit and healthy during and even after the challenge. As the end of the FITFIL Challenge draws near, we have started collecting data of the results of the challenge. We are sending you the **Excel sheet file** (attached here) for you to fill out the necessary fields with the data you gathered from every participant. The Excel file contains two sheets: WEIGH-IN (Sheet 1) and WEIGH-OUT (Sheet 2).

Kindly email back the accomplished file to PMA at [philmedas@yahoo.com](mailto:philmedas@yahoo.com) on or before **December 1, 2017, 5pm**. The accomplished Excel form will be collated and sent to the FITFIL Challenge Team for encoding.

We also encourage you to share with us **pictures and videos** of your fitness activities, as we collate and share these via FITFIL social media platforms to encourage and inspire more Filipinos.


**Rewards** from the FITFIL Challenge Team will be given for the collective effort of your organization/medical society – T-shirts, medals, plaques; and be recognized as one of the fittest, strongest, and healthiest Filipino in our country.

We thank you for your cooperation and active participation to lose excess weight and fight obesity for a fit and healthy Philippines!

Best regards,

  
**Ian N. Francisco, MD**

Chairman, Committee in Sports

  
**Benito P. Atienza, MD**  
Secretary General

Noted by:



**Irineo C. Bernardo III, MD**  
President