

# Exercise MESSAGE Form

The American Radio Relay League –Washington State ARES/RACES form

**“THIS IS AN EXERCISE MESSAGE”**

Number \_\_\_\_\_ Precedence \_\_\_\_\_ Handling \_\_\_\_\_ Station of Origin \_\_\_\_\_ Check \_\_\_\_\_

Place of Origin \_\_\_\_\_ Time Filed \_\_\_\_\_ Date \_\_\_\_\_

TO: \_\_\_\_\_

Address: \_\_\_\_\_

**(Say: “THIS IS AN EXERCISE MESSAGE, BREAK FOR TEXT”)**

_____	_____	_____	_____	_____	5
_____	_____	_____	_____	_____	10
_____	_____	_____	_____	_____	15
_____	_____	_____	_____	_____	20
_____	_____	_____	_____	_____	25
_____	_____	_____	_____	_____	30
_____	_____	_____	_____	_____	35
_____	_____	_____	_____	_____	40
_____	_____	_____	_____	_____	45
_____	_____	_____	_____	_____	50

**(Say: “THIS IS AN EXERCISE MESSAGE, BREAK FOR SIGNATURE”)**

Signature \_\_\_\_\_

**“THIS IS AN EXERCISE MESSAGE”**

Received From Station \_\_\_\_\_ Time \_\_\_\_\_ Date \_\_\_\_\_ By Operator \_\_\_\_\_

Sent/Delivered To Station \_\_\_\_\_ Time \_\_\_\_\_ Date \_\_\_\_\_ By Operator \_\_\_\_\_