

## Volunteer Commitment Form

\_\_\_ **Yes**, I am able to commit to two 3-hour shifts per month for 4 months (or the equivalent in hours – 24 total volunteer hours) to American Red Cross Blood Services.

\_\_\_ **No**, I am not able to commit at this time.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date