

Holiday “Maintain Your Weight” Challenge

An 8 week weight management program that will give you a little extra motivation to keep those extra holiday pounds off!

Participants will be encouraged to eat healthy and exercise.

WHO: Employees

WHEN: Nov 9—Jan 4

COST: \$8 per employee
(Cash payment only. No checks will be accepted)

WHAT: Maintain your weight this holiday season.

Participants are required to weigh-in on Nov 9th and January 4th without their shoes on.

Participants can earn back all \$8 by weighing the same or less than they did on Nov 9th.

If a participant gains weight, they will lose one dollar for each pound gained.

Participants will be encouraged to self monitor their weight throughout the holiday season.

If you Maintain Your Weight this holiday season (weigh the same or less than you did on Nov 9), you will be entered into a drawing for a prize of your choice.

Starting weigh in: Nov 9th, 8-12 or call to set an appt.

Final weigh in: Jan 4th, 8-12 or call to set an appt.

**Complete the Registration/Consent Form and
bring with you to the weigh-in on November 9th from 8—12Noon.**

Holiday Maintain Your Weight Challenge Registration & Consent Form

Name (Please Print): _____

I agree to participate in the 8 week Holiday “Maintain Your Weight” Challenge and pay the \$8 program fee. I understand that I will earn all \$8 back if I weigh the same or less than I did on Nov 9th and if I gain weight I understand that I will lose one dollar for each pound gained. I agree to complete the 8 week program, but if I fail to weigh-in on January 4th or fail to to make other arrangements, I understand that I will forfeit the \$8 program fee.

Signature: _____

Date: _____

**Please complete registration/consent form and bring with you to the weigh-in on November 9th.
Registration fee must be turned in by Friday, November 13th.**

Starting Weight: November 9th = _____

Ending Weight: January 4th= _____