



Holiday Weight Maintenance Challenge

The average American will gain up to 5 lbs. during the winter holiday season.

Don't let YOUR weight snowball!



Maintain your weight throughout the holidays and split the Jackpot in January.

Sign-Up Now!

Initial Weigh-In Mid-November: _____
(date)

Mid-Point Weigh-In Mid-December: _____
(date)

Final Weigh-In Early January: _____
(date)