



# Holiday Weight Maintenance Challenge

Don't let your weight snowball during the Holidays!



**The challenge is to maintain your current weight throughout the Holiday Season.**

## ***What do you need to do?***

Weigh-ins will be Mid-November, Mid-December and Early January. Complete your certification form stating whether you have maintained, how much you've lost or gained.



**NO, we do not need to know how much you weigh!**

That is for you to know and no one else to find out!

This is an "honor system" program.

We trust everyone to be honest and fair.



**Registration Fee: \$5.00**

## ***Split the Jackpot!***

At the end of the program if you have maintained your weight within **2 lbs.** of your starting weight, (or lost weight), you split the jackpot with others who have maintained/lost their weight. At the very least, you'll get your money back!



**Initial Weigh in: Mid-November  
Mid-Point Weigh-In: Mid-December  
Final Weigh-In: Early January**



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## **Registration Form**

Please turn in with your \$5.00 Registration Fee by \_\_\_\_\_.

Questions, please contact: \_\_\_\_\_.

Participant Name: \_\_\_\_\_ Team: \_\_\_\_\_.

Dept & Phone #: \_\_\_\_\_.