

Maintain Don't Gain 5-Week Challenge



Goal: The goal of this challenge is to maintain weight for a consecutive 5 weeks

Requirements: Log body weight every Monday morning for 5 consecutive weeks.

Deadline: Form to be submitted to Auditor's Office by November 30, 2026

Week #1 Date _____ Weight _____ lbs

Week #2 Date _____ Weight _____ lbs

Week #3 Date _____ Weight _____ lbs

Week #4 Date _____ Weight _____ lbs

Week #5 Date _____ Weight _____ lbs

Participant Name _____ Employee Name _____

Health Incentives: Each individual challenge completed by a covered employee or covered spouse earns \$25 per challenge into the employee's HSA/FSA. Note: an employee can only submit a max of 4 different challenges completed by the employee and/or covered spouse per calendar year, receiving a maximum health incentive challenge benefit total of \$100. An individual cannot submit a duplicate challenge. Completed forms to be submitted to Auditor's Office by November 30 deadline.