

# MAINTAIN DON'T GAIN CHALLENGE

## Maintain Don't Gain 5-Week Challenge

Goal: The goal of this challenge is to maintain your weight for a consecutive five weeks.

Requirements: You will weigh yourself every Monday morning for a consecutive five weeks and document your weight. Once your challenge is complete, you will turn your completed form into the Commissioners' Office.

Incentive: Each Challenge you complete (maximum of 4) will earn you \$25 per challenge

Weigh-In Date: \_\_\_\_\_ Participant Name: \_\_\_\_\_

Beginning Weight: \_\_\_\_\_ Employee Name: \_\_\_\_\_

Week 1	Week 2	Week 3	Week 4	Week 5
Date:	Date:	Date:	Date:	Date:
Weight:	Weight:	Weight:	Weight:	Weight:

*Together we are working towards a healthier County!*

**Please remember to weigh in every Monday Morning.**