

MAINTAIN DON'T GAIN CHALLENGE

Maintain Don't Gain 5-Week Challenge

Due November 30, 2021

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.

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.