

# MAINTAIN DON'T GAIN CHALLENGE

## Maintain Don't Gain 5-Week Challenge

Due November 30, 2022

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: \_\_\_\_\_

<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>
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.**