THE MAINTAIN DON’T GAIN CHALLENGE
Avoid packing on extra holiday pounds

You can enjoy the food and still outsmart holiday weight gain!
 Holiday weight gain is sneaky. According to Mayo Clinic, weight gained over the holidays is seldom lost later in the year. Instead, it adds up over the years.

Keeping track of where your weight is going is helpful as you cruise through a season of special events with friends, family and co-workers.

This tracker helps you monitor whether you’re up or down from your starting weight. You can record your weight elsewhere for reference, or right on your tracker. When you turn in your tracker at the end of the challenge, just clip off the numeric weight portion if you want to keep it private.

Target: Limit your Thanksgiving Day to New Year’s Day weight gain to under two pounds.

Tracking tips
» Record your weight and your gain or loss since the previous week.
» Weigh yourself at the same time of day. Most people’s weight fluctuates during the day.
» Use the same scale each time if you can.

Weight-in date | Weight (optional) | Gain (+) | Loss (-)
----------------|------------------|---------|-------
Thursday, November 27 | | |
Thursday, December 4 | + | |
Thursday, December 11 | + | |
Thursday, December 18 | + | |
Thursday, December 25 | + | |
Thursday, January 1 | + | |

Total gain/loss results | + | -

If you want to track your numeric weight but keep it private, you may clip off this portion of the tracker when you turn it in.

Name: ____________________________  □ Male  □ Female
Company name: __________________________
I am: □ an employee of this company  □ a spouse/family member
Age (optional): □ 18–29  □ 30–44  □ 45–59  □ 60+
Are you a current Health Tradition member?  □ Yes  □ No

Please turn in this tracker to your company’s challenge coordinator at the end of the challenge to qualify for the drawing.

Your feedback is appreciated! Did you benefit from this challenge? Would you like to do it again? Have ideas to make it more enjoyable?

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Have you signed up for the quarterly WellMe updates yet?
Go to www.HealthTradition.com/go/WellMe