

Maintain Don't Gain...

Holiday Challenge



Give yourself the gift that keeps on giving.

Join this challenge to keep unwanted pounds from creeping up over the holidays!

Maintain your weight within 2 pounds this holiday season.

How to Participate:

- Honor System! Weigh yourself and record your weight.
- Reference the educational packet also attached to help you maintain your weight over the holidays.
- Maintain your weight within 2 lbs.
- Weigh-in to confirm that you DID IT!
- Congratulations! You have given yourself a most valuable holiday gift!

Initial Weigh-in Date:

Tuesday, November 20th

Final Weigh-in Date:

Monday, January 7th

Honesty is the best policy.

Focus, be aware and think before you eat.

***Happy Holidays from the
CPS Wellness Committee!***