

# HEALTHY HOLIDAY *Challenge*

## TEAM WEIGHT TRACKING CARD

You are responsible for:

- Tracking the weekly weight of yourself and your team mates. Either you or your teammates will submit online each week.
- Team Captains can submit individual or all of their members weights online on Mondays for the previous week.
- Encourage team members to fill out evaluations at the end of the program.

Tips for increasing team participation:

- Organize a team walk during breaks.
- Have team members share their favorite healthy holiday recipes.
- Recognize team member's small successes along the way.



Record your team members' weekly weight in these boxes.

	Starting Weight	week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8
team member 1		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
team member 2		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
team weight		Report your weekly TEAM weight online through the weekly submission links on Mondays of each challenge week.							
weekly team weight change		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -



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NOV. 22<sup>ND</sup>-JAN. 16<sup>TH</sup>

Prioritize You! Start or Maintain  
Healthy Habits This Holiday Season.

Earlham  
COLLEGE

WELLNESS  
PROGRAMS

Register at  
[www.Earlham.edu/Wellness](http://www.Earlham.edu/Wellness)

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