

# HEALTHY HOLIDAY *Challenge*

## WEIGHT TRACKING CARD

My weigh-in **day** is \_\_\_\_\_.

Our **Team** Name is \_\_\_\_\_.

My team's beginning **weight** is \_\_\_\_\_.

### Step 1: Team Weigh-in

During your registration between Nov. 10-21, you will weigh your-self at home or with the Wellness Programs staff. In this kick-off week you will form a team with a another co-worker or friend, choose your team captain and submit your starting weight during your registration. If you would like to participate as an individual you may do so. You are not required to join a team to participate. No individual weights will be reported and all individual weights are kept confidential.

### Step 2: Weekly Weigh -In & Report to your Captain

Weigh in every week. For best results, weigh in on the same day of each week, at the same time, on the same scale, and under the same circumstances (no shoes or heavy layers, empty pockets, etc). Report your **WEIGHT** (not your weight change) to your team captain or by online through the weekly submission links.

### Step 3: Post-Holiday Team Weigh-Out

During the days of January 13-15 you and your team will weigh and record a post-holiday weigh out with the Wellness Programs staff to capture your ending weight. The teams that maintained their pre-holiday weight within 2lbs will each recieve an individual entry to win raffle prizes.

	Weight	Weight Change	Reported to Captain <input type="checkbox"/>
Starting Weight		+ -	
Week 1		+ -	
Week 2		+ -	
Week 3		+ -	
Week 4		+ -	
Week 5		+ -	
Week 6		+ -	
Week 7		+ -	
Week 8		+ -	

**Do not forget to report your weekly weight change to your team captain every Monday Morning!**

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## 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		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -

## HEALTHY HOLIDAY *Challenge*

NOV. 21<sup>ST</sup>-JAN. 15<sup>TH</sup>

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

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