

MAINTAIN DON'T GAIN

WEEKLY TRACKING CARD

My weigh-in day is _____.

Our Team Name is _____.

My team's beginning weight is _____.

Step 1: Team Weigh-in

During the week of 11/11/13 you and your team will weigh in to determine your starting weight. In this kick-off week you will form or join a team with 4-5 other co-workers, choose your team captain and weigh-in to determine your pre-holiday team weight. No individual weights will be reported and all information is 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 CHANGE (not your weight) to your team captain by THURSDAY at NOON. Your team captain will tally your team's weight change and report it to Amanda.Sigmund@du.edu. Mandy will announce each team's weekly weight change so you know where your team ranks in the challenge.

Step 3: Post-Holiday Team Weigh-Out

During the week of 1/13/14 you and your team will record a post-holiday weigh-OUT to capture your ending weight. The teams that maintained their pre-holiday weight within 2lbs will receive a prize.

	Weight	Weight Change	Reported to Captain ✓
Starting Weight		+ -	
Week 1		+ -	
Week 2		+ -	
Week 3		+ -	
Week 4		+ -	
Week 5		+ -	
Week 6		+ -	
Week 7		+ -	
Week 8		+ -	

Don't Forget to report your weekly weight change to your captain every Thursday by NOON!



My goal is to **MAINTAIN DON'T GAIN.**