Hold It
For the Holidays

Please write clearly.

Employee ID____________________________

This form filled out for:
Employee______ OR
Significant Other_____

Employee Name_________________________

_____ YES! I was successful at maintaining my weight within two pounds of my pre-Thanksgiving weight.

*I lost weight too! I lost ______ lbs.

_____ NO, I went over and gained weight during the holidays.

Today’s Date __________

Current Weight (optional and will be kept confidential)____________

If you maintain your weight you get your $5.00 returned back to you.

If you gain weight your money will not be returned to you and divided among those that did maintain.

The Rules:
It’s super simple. Just participate by maintaining your weight from Thanksgiving to New Year’s. By the time January 2 rolls around if you successfully maintained your weight within two (2) pounds of your pre-Thanksgiving weight you have won! If your significant other would like to join in the fun – they are more than welcome to! Just have them fill out the sheet and submit $5.00!

Follow these instructions to participate:

Before Thanksgiving
2. Fill out your form and turn it into Staff Development on or before November 26 along with your $5.00.

During the Holidays
Hold your weight = calories in calories out. It’s that simple – so be active!

After New Years
1. Weigh yourself between Jan 2-6 and see if you successfully stayed within 2 pounds of your initial weight.
2. Fill out and submit the Post New Years Activity sheet and return to Staff Development before January 7.

REWARDS
Each participant who successfully completes the challenge has the opportunity to win their money back by splitting the registration fees collected. Another reward? No working off the extra holiday weight!