



# *Maintain Don't Gain for the Holidays*



*Maintain or lose weight over the holiday season to be entered into a drawing for some great prizes. To participate you must be a contracted employee who works more than 20 hours per week and you must weigh-in and out at an official weigh-in location. Only those who weigh the same or less at the ending weigh-in will be entered into the drawing.*

*Beginning Weight* \_\_\_\_\_ *Ending Weight* \_\_\_\_\_

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*Entry Form:*

*Name* \_\_\_\_\_

*School/Department* \_\_\_\_\_

*Phone Number* \_\_\_\_\_