



No Weight Gain Contest



Prizes

Wellness Bucks Incentives

Earn 5 Wellness Bucks for completing the following:

- Weigh-in
- Weigh-out
- Weight Check
- Yule Log

You may choose to save any unused Wellness Bucks and use them at a later date.

Deadline to use any saved Wellness Bucks is June 30, 2014.



5 Wellness Bucks
Felxible cutting board



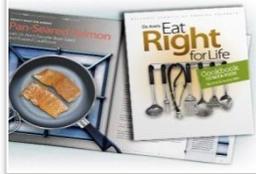
5 Wellness Bucks
Stress ball



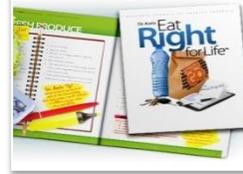
5 Wellness Bucks
Workout towel



10 Wellness Bucks
Self-Care Essentials book



10 Wellness Bucks
Eat Right For Life Cookbook Companion



10 Wellness Bucks
Eat Right For Life On the Go book



15 Wellness Bucks
\$5 Target gift card



15 Wellness Bucks
An extra drawing for the Grand Prize



15 Wellness Bucks
Sun visor