



No Weight Gain Contest



Welcome Letter

The average American will gain 8 to 10 pounds during the holiday season! This 8 week program is designed to encourage stress management tips, healthy food and beverage choices and ways to include physical activity into your daily routine during the holiday season. The program begins the week of **November 18th** and runs until **January 10th**.

Goal

To maintain your weight during the holiday season so that no more than 2 pounds is gained. Weight loss is encouraged, but not required.

Rules

The program begins with an initial weigh-in to get a base weight. The initial weigh-in and final weigh-out must be done at the *same location and scale*, by the host or co-host. Weigh-in dates may only occur between **November 18th** and **November 22nd**. The host or co-host will need to fill out the information listed on the Participation Sheet in order for you to receive credit for participation in the program and receive weekly tips by email or mail. Keep track of your weight on the [Weight Tracking Card](#).

Incentives

Earn [Healthy Lifestyle Activity Points](#) (HLAP's) based on your success.

Challenge	Guidelines	HLAP's	Entries into the Grand Prize Drawing
All participants must:	Weigh-in Weigh-out Not gain weight (within 2 pounds of initial body weight)	20	1
Weight Loss Challenge:	Lose between 2% and 4.9% of initial body weight	25	2
	Lose 5% or greater of initial body weight	30	3

Wellness Bucks

You will also earn Wellness Bucks which will accumulate throughout the challenge. Wellness Bucks can be redeemed for incentives. Earn 5 Wellness Bucks for completing each of the following:

- Weigh-in
- Weigh-out
- Weight check
- Submit a Yule Log





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Grand Prize

If you maintain or lose weight at the end of the contest you will also be entered into the grand prize drawing for one of **twenty \$100 gift cards** that can be redeemed online for incentives and rewards. The number of entries into the drawing will be determined by your total percentage of weight loss at the end of the contest.

Yule Log

The Yule Log has 5 weekly challenges, in which you can complete every day for points. At the end of the challenge, total your points and submit to the host at the weigh-out. Submit the Yule Log to your host at the weigh-out and earn an additional 5 Wellness Bucks.

