



Weight Tracking Card

For you records only.

Do not submit to Employee Wellness.

Use this Weight Tracking Card to track your progress throughout the contest. Please do not submit to Employee Wellness. At the end of the contest, please complete the [Certificate of Completion Form](#) to receive credit for participating in the Summer Slim Down Contest.

Name: _____ EIN: _____

	Date	Weight	BMI
Weigh-in:			
Weight Check:			
Weigh-out:			
Percentage of Change:			

Please refer to the [BMI Chart](#) to determine if you are within a healthy range for both BMI and body fat.

% of weight loss calculation:

1. beginning weight – ending weight = pounds lost
2. (pounds lost ÷ beginning weight) x 100 = percent weight lost

You may earn Healthy Lifestyle Activity Points (HLAP's) by completing the following challenge guidelines:

Guidelines	HLAPs	# Drawing Entries
Weigh-in, Weigh-out, No weight gain (within 2 pounds of initial weight) Must also be within a healthy BMI 25 or below.	20	1
Lose between 2% - 4.9% of initial body weight	25	2
Lose between 5% + of initial body weight	30	3

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 Corporate Reward 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.



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