



# Weight Tracking Card

**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 (optional)	Body Fat % (optional)
Weigh-in:				
Weight Check:				
Weigh-out:				
Percentage of Change:				

Please refer to the [BMI and Body Fat Percentage Guidance 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:

Challenge	Guidelines	HLAPs	# Grand Prize Drawing Entries
<b>You must:</b>	Weigh-in, Weigh-out, No weight gain (within 2 pounds of initial weight)	20	1
<b>Slim-Down Challenge:</b>	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.



Employee Wellness  
[www.pima.gov/hr/health](http://www.pima.gov/hr/health)

150 W. Congress, 4<sup>th</sup> Floor  
 Tucson, AZ 85701

Ph: (520) 724-8114  
 Fax: (520) 724-8150