



Weight Tracking Card

Do not submit to Employee Wellness

Name: _____ EIN: _____

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

% 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
You must:	Weigh-in, Weigh-out, No weight gain (within 2 pounds of initial weight)	20	1
Slim-Down Challenge:	Lose between 2% - 4.9% of initial body weight	25	2
	Lose between 5% + 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. Please refer to the *List of Incentives*. Earn 5 Wellness Bucks for completing each of the following:

- Weigh-in
- Weight check
- Weigh-out

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 ten \$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.



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