



WEIGHT TRACKING CARD

FOR YOUR 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 challenge, during the weigh-out week, remember to log your weight loss/management results on the online Challenge Log to earn challenge points as well as qualify for HLAPs. Please refer to the **BMI/Body Fat % Chart** to determine if you are within a healthy range for both BMI and body fat percentage to qualify for the maintenance level.

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

Percentage of weight loss calculation:

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

Healthy Lifestyle Activity Points (HLAPs)

Guidelines	HLAPs
Lost 5% or greater of initial weight	30
Lost 2 – 4.9% or greater of initial weight	25
Maintained within 2lbs of initial healthy body weight (based on initial BMI or Body Fat %)	20
Did not weigh-out or gained more than 2lbs	0

