

# Maintain Don't Gain

## 2019 COR Employee Holiday Challenge!

Do you dread the Holidays due to the thought of gaining weight?

**WE-FIT is here to help.**

Take the challenge and make healthy choices to help you gain NO MORE THAN two pounds from the Monday before Thanksgiving (November 25) through the start of 2020 (January 1). Even if you don't LOSE, you WIN!

*Here's how it works:*

1. Weigh in and start tracking on the scale of your choice, anytime between Monday, November 25 and Wednesday, November 27 (that will be your "November 2019 Weight" – include the date you weighed in)
2. Make healthy choices through the holiday season (each week, you will receive emails with tips for healthier holiday recipes, exercise and motivation). Use the log on the other side of this page as a resource to track exercise and nutrition habits that could lead to excess weight gain during the Holidays.
3. Weigh in on the same scale that you used at the start, anytime between Wednesday, January 1 and Friday, January 3 (record that weight below as your "January 2020 Weight" – include the date you weighed in).
4. Return your tracking sheet to Christina Higgs, Employee Wellness Coordinator (City Hall, 900 East Broad Street, 9th floor), no later than Friday, January 10 to receive an incentive.

### YOUR NUMBERS WILL BE HELD IN CONFIDENCE

Please be honest and have fun with this Challenge.  
You will see how making simple, smart choices each day can help you  
***'Eat Smart, Move More and Feel Better.'***

Name: \_\_\_\_\_ Agency: \_\_\_\_\_

November 2019 Weight: \_\_\_\_\_ Start Date: \_\_\_\_\_

January 2020 Weight: \_\_\_\_\_ End Date: \_\_\_\_\_

If you have questions, call Christina Higgs at 646-4705



# 2019 MAINTAIN, DON'T GAIN TRACKER

EXERCISE LOG	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Nov 25-Dec 1							
Dec 2-8							
Dec 9-15							
Dec 16-22							
Dec 23-29							
Dec 30-31							

Log number of exercise minutes per day. Aim for at least 30 minutes, 5 days per week.

FOOD LOG	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Nov 25-Dec 1							
Dec 2-8							
Dec 9-15							
Dec 16-22							
Dec 23-29							
Dec 30-31							

Track numbers of: Sweets, unhealthy snacks and alcoholic beverages per day.

Try to keep your weekly total for all three combined at five or less.

