

HEALTH TRADITION
WELLNESS AT WORK



**MAINTAIN
 DON'T GAIN**

Approach the
 "over-eating" season
 with awareness

**Challenge yourself to stay active.
 You'll feel better and be healthier!**

Holiday weight gain is sneaky. According to Mayo Clinic, weight gained over the holidays is seldom lost later in the year. Instead, it adds up over the years. Keeping track of where your weight is going is helpful as you cruise through a season of special events with friends, family and co-workers.

This tracker helps you monitor whether you're up or down from your starting weight. You can record your weight elsewhere for reference, or right on your tracker. When you turn in your tracker at the end of the challenge, just clip off the numeric weight portion if you want to keep it private.

Target: Limit your Thanksgiving Day to New Year's Day weight gain to under two pounds.

Activity tracker: Maintain Don't Gain Challenge

Challenge dates: Thanksgiving Day to New Year's Day

TRACKING TIPS

- » Record your weight and your gain or loss since the previous week.
- » Weigh yourself at the same time of day. Most people's weight fluctuates during the day.
- » Use the same scale each time if you can.

Weigh-in date	Weight (optional)	Gain (+)	Loss (-)
Thursday, November 24			
Sunday, December 4		+	-
Sunday, December 11		+	-
Sunday, December 18		+	-
Sunday, December 25		+	-
Sunday, January 1		+	-

If you want to track your numeric weight but keep it private, you may clip off this portion of the tracker when you turn it in.

My total gain or loss at the end of the challenge

+ -



Qualify for Challenge Rewards! Turn in your tracker to be included in Health Tradition's quarterly drawing for a Fitbit Flex®.

Name: _____ Male Female
 Organization name: _____
 Employee Spouse/family Current Health Tradition member? Yes No
 Age (optional): 18-29 30-44 45-59 60+

Your feedback is appreciated! Did you benefit from this challenge? Want to do it again? Have ideas to make it more enjoyable?

Have you signed up for the quarterly WellMe updates yet?
Go to www.HealthTradition.com/go/WellMe