



# **H**oliday *Weigh to Maintain* **C**hallenge

**I agree to actively participate in the Holiday Weigh to Maintain Challenge** supported by the CHFS Worksite Wellness Committee. As a participant I will shift my focus from weight loss to weight maintenance. I understand that the holiday season is not the time to try and stick to a strict diet emphasizing weight loss. During this holiday season I will be challenged to stay within 2 to 3 pounds of my preholiday weight. Over the holiday season the committee will provide me with helpful tips that will allow me to enjoy the festivities and assist in maintaining my current weight. As a participant I agree to hang this in my workplace and also at home to serve as a reminder to participate in regular physical activity and healthy nutrition over the holiday season.

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Signature

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Date

