Weigh the Same Challenge launch guide

Celebrate good health this holiday season – take the “Weigh the Same” challenge!

This is a fun challenge with one simple goal – to weigh the same throughout the holiday season. Starting the week before Thanksgiving and ending the week after New Year’s Day. Take the challenge and send those extra holiday pounds packing.

How to get started

- Recruit a team or sign up as an individual. If you are part of a team, appoint a team captain.

- Provide individual names or team names to the challenge coordinator. Get a weekly progress chart so you can track progress during the challenge.

- At the beginning of each week, find a scale and record your weight on the weekly progress chart. If you are part of a team, report your gain or loss to the team captain.

- Remember, the goal is to weigh the same or less at the end of the challenge. If you gain a little, make adjustments to your exercise and dietary routine the following week.

- Support your co-workers, stay active and have fun.

Do the final weigh-in

A final weigh-in should be scheduled for the week after New Year’s Day. Compare the initial weight with the results.

Every individual or team who weighs the same or less at the end of the challenge will be eligible to win a prize.