

MAINTAIN DON'T GAIN WITH ROCKET WELLNESS



This holiday season, take a pledge to celebrate without putting on extra pounds. Choose foods that are good for you, and move as much as you can. Let Rocket Wellness help you maintain your current weight while also mixing things up with 12 various challenges that will be found on our Facebook page at *University of Toledo Rocket Wellness*. Throughout the program, there will be 12 mini challenges on the Rocket Wellness Facebook page. If you complete 8 of the 12 challenges AND maintain your weight you will be entered in for a drawing.

RULES AND TRACKING CHART

Participants will weigh in with Rocket Wellness staff on 1 of 3 weigh-in events. November 19th, 20th, or 24th

The goal is to stay within 2 pounds greater than the weigh in (a loss of weight is okay)

Weigh out on 1 of 3 weigh-in events, January 6th, 7th, or 8th

Check out the Rocket Wellness Facebook page for 12 mini challenges throughout the competition.

Complete 8 of the 12 challenges AND maintain your weight for a chance to be entered into a drawing for prizes

Check off completed challenges below; the number of each challenge can be found on the Rocket Wellness Facebook page. Please turn this form in at time of Weigh Out.

Times and locations of the weigh in and weigh out events can be found on our Facebook page and website
www.utoledo.edu/offices/rocketwellness/

1	2	3	4	5	6	7	8	9	10	11	12

NAME _____ EMAIL _____@utoledo.edu

TOTAL WEIGHT CHANGE: _____



Please email rocketwellness@utoledo.edu or post on our Facebook page at *University of Toledo Rocket Wellness* with any questions during the challenge!