

Keeping Off The Holiday Fluff Challenge

November 18 - December 22, 2019

NAME: _____ DOB: _____

I am competing as an:

☐ INDIVIDUAL - Entry fee \$10

Your goal is to complete the listed activity on the calendar each day! To be eligible to draw a card each Monday you must have completed all 7 days!

Beginning weight: _____ 11/18/19

Ending weight: _____ 12/22/19

Every Monday you must report workouts completed for the week & draw your card. I'll have individual envelopes with your names on them at the rec where the cards will stay. If you can't make it into the rec to draw a card I will do it for you! Call Amber, Wallace County Rec Director, @ 785-821-1837 with any questions.