

NEW YEAR NEW ME CHALLENGE

The New Year, New Me Challenge is a 12-week fat loss challenge designed to help you achieve your weight loss goals and kick the New Year off right!

This challenge will have three male winners and three female winners.

January 8-12: Initial Measurements
January 15- April 5: 12 Week Challenge
April 8-12: Final Measurements

WINNERS WILL BE ANNOUNCED BY APRIL 19TH.

RULES:

Participants will earn

- ◆ 1 point for every pound of fat mass lost
- ◆ 1 point for every percent of body fat lost
- ◆ 1 point for every pound of weight lost
- ◆ 1 point for every pound of lean body mass gained (not skeletal muscle)

NOTE: Since we promote healthy eating habits and **NO** crash dieting, we will be deducting a point for every pound of lean body mass lost.



BONUS PRIZE RAFFLE

Participants who complete this challenge and accumulate 50 attendance signatures during the challenge will have their name entered into a drawing for a Choctaw Wellness Center King Kong duffle bag.

*** Must be tracked, dated and signed each day by a Wellness Center staff member at the front desk. We will not look up previous attendance**

