UCI HR | Wellness
MAINTAIN DON'T GAIN CHALLENGE

This holiday season, I pledge to celebrate without putting on extra pounds. I will choose foods that are good for me. I will also aim to move as much as I can and try to find balance so that I don't let stress set me back. I'll use this personal tracker to help me stay on a healthy path.

_____ _____

Initial Weight **Final Weight**

Week	Weight	Weight Change (check one)			Notes (e.g., nutrition and physical success stories)
		Lost	Gained	Maintained	
Week 1 11.19-11.23					
Week 2 11.26-11.30					
Week 3 12.3-12.7					
Week 4 12.10-12.14					
Week 5 12.17-12.21					
Week 6 12.24-12.28					
Week 7 12.31-1.4					
Week 8 1.7-1.11					
Final Calculation	_____ **Initial Weight**	–	_____ **Final Weight**	=	_____ **Challenge Result!**

This tracker is for your personal records only, please do not submit

Hint! Try to weigh yourself at the same time and day each week. It is normal for body weight to fluctuate daily, so don't get discouraged if you have an off day. Remember to drink lots of fluids and limit your sodium.

More Info: www.wellness.uci.edu/facultystaff/maintaindontgain.html