



MAINTAIN DON'T GAIN

JANUARY 15 - MARCH 26

GOAL: Maintain or lose weight in the 10-week challenge

PARTICIPANTS: Members and Non-Members

COST: \$30.00

WEIGH-IN DATES: January 15, 16 & 17

FINAL WEIGH-IN DATES: March 26 (no exceptions)

HOW IT WORKS:

Everyone who completes the challenge will be entered to win one of two prizes:

- THE MONEY LOST BY THOSE WHO GAINED
- 6-MONTH CRMC WELLNESS CENTER SINGLE MEMBERSHIP
(PLUS GET YOUR ENTRY FEE BACK!)

Optional check-ins are available during the challenge. Check your emails for tips, tricks and ideas to help maintain your weight throughout the challenge.