



# Holiday WELLNESS CAMPAIGN CHALLENGE

Please complete this form entirely to help us describe your company/wellness program. Please return to [utahworksitewellnesscouncil@gmail.com](mailto:utahworksitewellnesscouncil@gmail.com) with supporting materials by **December 18<sup>th</sup>**.

## COMPANY INFORMATION

Employee Name	_____	Employee Position	_____
Employee Email	_____	Company Name	_____
Company Size	_____	Company Industry	_____
Multiple Locations?	_____		
How long have you had a wellness program?	_____		
How many employees run your wellness program?	_____		

## CHALLENGE DETAILS

Describe the challenge in a brief paragraph:

How many employees participated? \_\_\_\_\_

How did you promote the wellness challenge? \_\_\_\_\_

How much time did you put into running the challenge? \_\_\_\_\_

How much did it cost to run the challenge? \_\_\_\_\_

What incentive did you offer if any? \_\_\_\_\_

What would you change if you ran the same challenge again? \_\_\_\_\_

Describe your communication timeline for the challenge:

## PARTICIPANT FEEDBACK

What did your employees enjoy about this challenge?

What would they like to see different?



# MAINTAIN-NOT-GAIN CHALLENGE: Nov 23-Dec 31



## GET EXCITED FOR A HEALTHY HOLIDAY SEASON!

The goal of this challenge is to maintain, or lose, weight over the upcoming holidays. With some small adjustments, motivation and a positive attitude, we can reach this goal!

### WEIGH-INS:

Weigh-ins will be held on Nov 23 & 24, all day, in the HR Conference Room. Post holiday weigh-ins will be held on Mon & Tues, Jan 4 & 5 in the HR Conference Room, all day (reminders will be sent near the end of the challenge).

**MON & TUES, NOVEMBER 23 & 24**  
**HR CONFERENCE ROOM: ALL DAY**  
**(COUNTY BUILDING)**

## Employee Weigh-In

Name

First Weigh-In

Final Weigh-In

E-mail

Phone

*\*Please note scale 1 or 2 next to their weight. Example: 155 lbs-2*

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

# MAINTAIN-NOT-GAIN CHALLENGE: Nov 23-Dec 31



**TIP: Pack healthy snacks when you're on the go! Think fruits and nuts, not candy bars.**

## **GET YOUR MIND ON BOARD:**

The best way to stick with new, healthier habits is to get your mind on board.

It's not our bodies that reject change, it's our mindset. It's amazing what a positive attitude towards healthier choices can really do!

**A POSITIVE ATTITUDE IS  
HALF THE BATTLE!!**

**weight loss  
is more  
than a  
physical  
challenge,  
it's a  
mental  
challenge.**

**MAINTAIN-NOT-GAIN  
CHALLENGE: Nov 23-Dec 31**

**STAY ACTIVE!**



***TIP: Help combat holiday  
meals by building a snowman,  
sledding or walking around the  
neighborhood. Just STAY  
ACTIVE!***

# MAINTAIN-NOT-GAIN CHALLENGE: Nov 23-Dec 31

**SLOW DOWN AND ENJOY!**

- ONLY TAKE 1 PORTION! 🍷
- EAT SLOOOOW AND ENJOY YOUR FOOD! 🍉 ✨
- LISTEN TO YOUR BODY BUT DO REMEMBER THAT IT TAKES 20 MINUTES TO FEEL FULL! 🕒

**TIP: Listen to your body and eat until satisfied, not until stuffed. This takes practice!**