



## I Survived the Holidays! Challenge

(November 19 - January 7)



Name: \_\_\_\_\_

Gender: \_\_\_ M \_\_\_ F Age: \_\_\_\_\_

Initial Weight: \_\_\_\_\_ Middle Weight \_\_\_\_\_

Final Weight: \_\_\_\_\_

Email: \_\_\_\_\_ (sign up for newsletters)

Phone: \_\_\_\_\_

Are you an EMH Associate? Yes No (Circle one)

If so, do you participate in Wellness First? Yes No

Are you a member of MWC? Yes No

If not, are you doing a temporary (\$50) membership for the challenge? Yes No

Would you like a challenge t-shirt? Yes No (\$5 fee)

Adult size S M L XL 2XL 3XL

Participants must weigh-in at the beginning (November 19-21), in the middle (December 12-14) and the end (January 7-8) of the challenge. The goal is to not gain any weight but we will allow 2 pounds to allow for hydration status and clothing differences. Participants also must scan in at McDowell Wellness Center at least 3 times each week of the challenge.

### Waiver Form

Waiver: I recognize that the I Survived the Holidays Challenge is offered through McDowell Wellness Center and is a voluntary program which may involve strenuous activity. Any injuries that I may sustain are not the responsibility of McDowell Wellness Center. I assume the risk for any injury that may occur to me while participating in the program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

Date: \_\_\_\_\_