

MAC TRAILER

MAINTAIN NO GAIN WEIGHT CHALLENGE



THE CHALLENGE RUNS FROM
Week of November 27th – January 11th

Participants who maintain their initial weight at the end of the challenge will win a MAC t-shirt or hat and be entered into a raffle for a chance to win a \$100, \$50, or \$25 Amazon gift card!



Weigh-Ins:		
Date	Time	Location
11/28/23	8am – 10am	Kent
11/29/23	8am – 10am	Alliance
11/30/23	8am – 10am	Salem
11/30/23	12pm – 2pm	Trailstar

Weigh-Out:		
Date	Time	Location
1/9/24	8am – 10am	Salem
1/9/24	12pm – 2pm	Trailstar
1/10/24	8am – 10am	Alliance
1/11/24	8am – 10am	Kent



You must weigh-in to participate. Stop by the Health and Wellness Center during the allotted time listed above to have your weigh-in and weigh-out recorded.

