

MAC TRAILER

MAINTAIN NO GAIN WEIGHT CHALLENGE



THE CHALLENGE RUNS FROM
Week of December 9th – January 13th

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
12/10/24	8am – 10am	Alliance / Salem
12/11/24	8–10am(Waste)/12-2pm(Trailstar)	Waste/Trailstar
12/12/24	8am-10am	Kent

Weigh-Out:		
Date	Time	Location
1/9/24	8am – 10am	Kent
1/15/24	8–10am(Waste)/12-2pm(Alliance)	Waste/Alliance
1/16/24	8–10am(Salem)/12-2pm(Trailstar)	Salem/Trailstar



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.

