

ROSS COUNTY ZERO HOLIDAY WEIGHT GAIN CHALLENGE

What is Zero Weight Gain- Weighting for the New Year?

This is a 7 week challenge that starts the week of Thanksgiving & ends the first full week of January. The goal is to have a ZERO weight gain during this time (Maintain your weight). It is very simple & it is up to YOU to record your results. We don't want to know your weight, we just want to know if you lost, gained or stayed the same.

- Print or pick up a copy of the "WEIGHTING FOR THE NEW YEAR" log (It will be emailed to you, available on the office website, or you can pick one up at OSU Extension-Ross County, <http://ross.osu.edu>.)
- Send your email address to Lisa Barlage barlage.7@cfaes.osu.edu
Please indicate that you are interested in joining the ZERO Challenge.
- Weigh yourself every week- pick one day per week, ex. Mondays & record on the log (NOT YOUR WEIGHT).

Record if you've	GAINED	+	(a plus sign)
If you've	LOST	-	(a negative sign)
Stayed the same-	SAME	~	(same)

- Keep track each week of your progress. You may weigh yourself at home if you'd like. The main thing is to weigh on the same scales at approximately the same time each week (for example Monday morning).
- Read the weekly email tips & stay motivated to maintain your weight.
- Participants who turn in their completed logs will be eligible for prizes from a random drawing.
- Logs must be turned in by January 12, 2009 to be eligible for prizes.

This should be an easy & fun challenge for all of us as we work to have a ZERO weight gain over this holiday season.