

Maintain Don't Gain

Holiday Weight Challenge 2017

Participant Form

If you cannot weigh in or out in Tucson during the designated weigh in/out dates, you can use this form to submit your weight for verification. Please fill out the form and return to the wellness@aura-astronomy.org by the due date. Verification can include the signature of the person weighing you in/out or a picture of you standing on the scale showing the weight. Please see the flyer for challenge details.

Participant Name				Location (check one)		
				<input type="checkbox"/> Tucson <input type="checkbox"/> Kitt Peak <input type="checkbox"/> Boulder <input type="checkbox"/> Sunspot		
Participant Email				Participant Phone #		
		Weigh – In Information		Weigh – Out Information		
		FORM DUE BY NOVEMBER 14, 2016		FORM DUE BY JANUARY 23, 2017		
Method	Weight (lbs.)	Date	Verification	Weight (lbs.)	Date	Verification
Health Coach						
Physician						
Picture of You on Scale						

