

Improve
your health

For Employees and Spouses

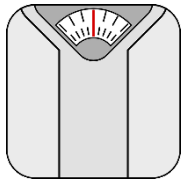
Feel better

Sleep better

IPSC's STAYWELL
Weight Loss and Keep it off Initiative
4th Quarter (October-December)

Improve your
well-being

Option 1: 7 Pounds - Earn a gift card for each seven pounds you lose. This may be combined with the weight you lost during 2015 first -third quarters or start new with



this program. Once you lose seven pounds, you may begin Option 2 and/or continue to lose more weight.

Have more energy

Option 2: Maintenance – If you have lost a minimum of seven pounds or more **this year** and are able to maintain your highest reported weight loss in the Staywell Challenge or this program, you will receive a gift card for each month you maintain that weight. For each additional seven pounds lost with this initiative, another gift card is earned.

WEIGHT LOSS CHART											
Name: _____											<input type="text"/>
Total weight loss THIS YEAR in previous Staywell Challenges (1-3)											
OCTOBER	WEIGHT	WEEKLY RESULT	TOTAL	NOVEMBER	WEIGHT	WEEKLY RESULT	TOTAL	DECEMBER	WEIGHT	WEEKLY RESULT	TOTAL
Week 1				Week 5				Week 9			
Week 2				Week 6				Week 10			
Week 3				Week 7				Week 11			
Week 4				Week 8				Week 12			
Month Result				Month Result				Month Result			