

Sleep better

Improve your health

For Employees and Spouses

IPSC Staywell
Weight Loss and Keep it off Initiative
Fourth Quarter 2023 (Oct-Dec)

Feel better

Improve your well-being

Option 1: 7 Pounds - Earn a gift card for each seven pounds you lose; however, you must lose 14 pounds before collecting the first gift card. This program is not for weekend weight loss to collect gift cards. If some weight was lost in 2022, (not 14 pounds), the weight lost may be used to carry over for 2023. Contact Brian Coles for details.

Have more energy

Option 2: Maintenance – If you lost a minimum of 14 pounds or more in 2022 and have kept it off, you may continue to be rewarded for keeping it off in 2023. Or, if you lose a minimum of 14 pounds in 2023 (or a combined weight loss of 14 pounds from 2022 and 2023 (for those who receive permission), a gift card may be earned for each month the weight is maintained. The Maintenance portion is normally for the weight lost, plus 4 QUARTERS of maintenance.

WEIGHT LOSS CHART

Name:

Write total weight loss from **PREVIOUS** quarter/s here. Not what was lost this ¼

Oct	Weight	Weekly Result	Total Result	Nov	Weight	Weekly Result	Total	Dec	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			