

Hancock County ZERO HOLIDAY WEIGHT GAIN CHALLENGE STEPS

- Send your name and e-mail address to biery.12@cfaes.osu.edu
Please indicate that you are interested in joining the ZERO Challenge.
Registration is due by December 1, 2011 to be eligible for prizes.
- Print or pick up a copy of the "WEIGHTING FOR THE NEW YEAR" log.
(It can also be found on our web site <http://hancock.osu.edu> on the Family and Consumer Sciences page, or you can pick one up at OSU Extension Hancock Co., 7868 CR 140 Suite B, Findlay; or Findlay City/Hancock County Health Department, 1644 Tiffin Ave., Findlay; or the Findlay Family Y.M.C.A., 300 E. Lincoln Street, Findlay.)
- Weigh yourself every week- pick one day per week, ex. Mondays & record your **PROGRESS** (*not your weight*)— on the log

Record if you've GAINED	+ (a plus sign)
If you've LOST	- (a negative sign)
If you've STAYED THE SAME	same (same)

- Keep track each week of your progress. You may weigh yourself at home or at the Findlay City/Hancock County Health Department (open 8am - 5pm) or the Findlay YMCA. **Please take your "Weighting for the New Year" form for identification to be weighed.**
- Read the weekly e-mail tips
- Participants who turn in their completed logs will be eligible for prizes from a random drawing.
- ***Logs must be turned in by January 6, 2012 to be eligible for prizes.***
Please return to Ohio State University Extension - Hancock County, 7868 CR 140, Suite B, Findlay Ohio 45840 or Fax: 419-422-3866. Or please return to the Findlay City/Hancock County Health Department, 1644 Tiffin Ave, Findlay, Ohio 45840

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