

WEIGHTING FOR THE NEW YEAR



Name: _____

E-mail: _____

| Week of | Progress: "+", "-", or "same" |
|-----------------|-------------------------------|
| NOVEMBER 21 | Thanksgiving |
| NOVEMBER 28 | |
| DECEMBER 5 | |
| DECEMBER 12 | |
| DECEMBER 19 | |
| DECEMBER 26 | |
| JANUARY 2 | |

YOUR GOAL: to have ZERO weight gain

Return by January 6, 2012
 OSU Extension Hancock County
 7868 CR 140 Suite B, Findlay, Ohio 45840
 Phone: 419-422-3851 Fax: 419-422-3866

