



Sponsored by the Wildcat Wellness Committee
halifaxwellness.weebly.com

<i>Date of Weigh-in</i>	<i>Weight (lbs)</i>
November 15 th (Initial Weigh-in)	
November 22nd	
November 29 th	
December 6th	
December 13th	
December 20th	
December 27th	
January 3 rd (Final Weigh-in)	

Final Result (circle one)

LOST

GAINED

MAINTAINED

Reminder: You do not need to turn in this scorecard. On January 3rd, you will receive an email where you will be asked to submit your final result (lost, gained, or maintained).