



NOVEMBER 14 – DECEMBER 11

MAINTAIN, DON'T GAIN

WEIGHT MANAGEMENT CHALLENGE

Employees are invited to participate in the **Maintain, Don't Gain challenge**. Participants will log their starting weight at the beginning of the challenge, then log their weight each week with the goal of maintaining their weight within a 2-pound margin. Participants who meet this goal will be eligible for the Snappy Gift Prize drawing and earn 100 points in the My Rewards Wellness Program!

Important Note: Your weight will be kept private and will not be shared with other challenge participants or administrators. Your progress will only be shared as a percent change in weight on the leaderboard, and the leaderboard will not have your name on it.

WEEKLY GOAL

Log weight once
per week

REGISTER BY NOVEMBER 13

Log in to myhalcyonwellness.com with your personal username and password. New users will select '**Register for a new account**' and enter the company code '**marin**'. Click the '**Challenges**' tile on the homepage to automatically enroll in the challenge!

For more info, log in to myhalcyonwellness.com or contact info@mywellportal.com.

LOG WEEKLY PARTICIPATION

Enter your weekly weight online by Sundays at 8pm PT. Log in to myhalcyonwellness.com, click on the '**Challenges**' tile and enter your current weight for that week.

GET REWARDED

Participants who log their weight each week and maintain their weight within a 2-pound margin will be eligible for the Snappy Gift Prize drawing and earn 100 points in the **My Rewards Wellness Program**.

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MARIN



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Health & Wellness

