



Maintain Don't Gain!



Official Holiday Goals Certificate

Avoid holiday weight gain by setting goals and being accountable

Name: _____

I hereby announce my following goals to be healthy this holiday season.

From November 22, 2010 until January 3, 2011 I will:

1. _____
2. _____
3. _____
4. _____
5. _____

Examples of Goals:

- Walk 3 times per week for 30 minutes
- Complete stress relief healthy living program on portal: www.KansasHealthQuest.com
- Only eat unhealthy foods 1 time per week
- Get 7 hours of sleep each night

Signature: _____

Date: _____