



# 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 2, 2012 until January 3, 2013 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](http://www.KansasHealthQuest.com)
- Only eat unhealthy foods 1 time per week
- Get 7 hours of sleep each night

Signature: \_\_\_\_\_

Date: \_\_\_\_\_