

# Healthy Food Festival

## YEAR-LONG COMMUNITY HEALTHY WEIGHT LOSS CHALLENGE

WEIGHT LOSS PARTICIPANT # \_\_\_\_\_

DATE	WEIGHT	TOTAL #S LOST
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____
_____	_____ LBS	_____

# Healthy Food Festival

## YEAR-LONG COMMUNITY HEALTHY WEIGHT LOSS CHALLENGE

### HEALTHY WEIGHT LOSS SUPPORT PACKET

Thank you for participating in our first annual Healthy Weight Loss Challenge in Grants Pass. As a group, throughout the city and county, we will make a greater impact on living a healthy lifestyle by choice. Your support to those losing weight will truly change individuals and our community.

This Support Packet includes:

- Healthy Food Festival Resource Guide for participants
- Participant Registration Form
- Participant Declaration of Intention
- Participant Weight Loss Forms

Participants are registered by completing the Registration Form in your packet. They may register by phone, email, or in person. Each participant will sign the Declaration of Intention with original signature, offering a deeper sense of accountability. Everyone is eligible to participate. Participants weighing in are not required to be clients of the weigh-in location to register.

Participant Weight Loss forms in your packet will be used to keep track of pounds lost for reporting to the Healthy Food Festival team. One form per participant is all that will be needed in most circumstances. You may freely copy all these documents included in the Support Packet.

Please submit your weigh-in results through our website  
<http://www.healthyfoodfestival.org/submit-results.html>

First submission:	The week of February 1-5, 2016
Second submission:	The week of May 2-6, 2016
Third submission:	The week of September 5-9, 2016

Only totals will be submitted for each participant number for ease of reporting.

May we all be seeing LESS of each other in the coming days, weeks, and year!

**WWW.HEALTHYFOODFESTIVAL.ORG**

# Healthy Food Festival

## YEAR-LONG COMMUNITY HEALTHY WEIGHT LOSS CHALLENGE

### DECLARATION OF INTENTION

I intend to:

- obtain a healthy weight for my body.
- be strong when I need to be strong.
- be compassionate when I need to be compassionate with my self.
- support other Healthy Weight Loss Challenge Participants.
- \_\_\_\_\_

\_\_\_\_\_  
Printed name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

May we all be seeing LESS of each other in the coming days, weeks, and year!

**WWW.HEALTHYFOODFESTIVAL.ORG**