

Challenge Option 1:

CUT THE CABOOSE

Weight Loss Challenge

Begins August 1, 2017

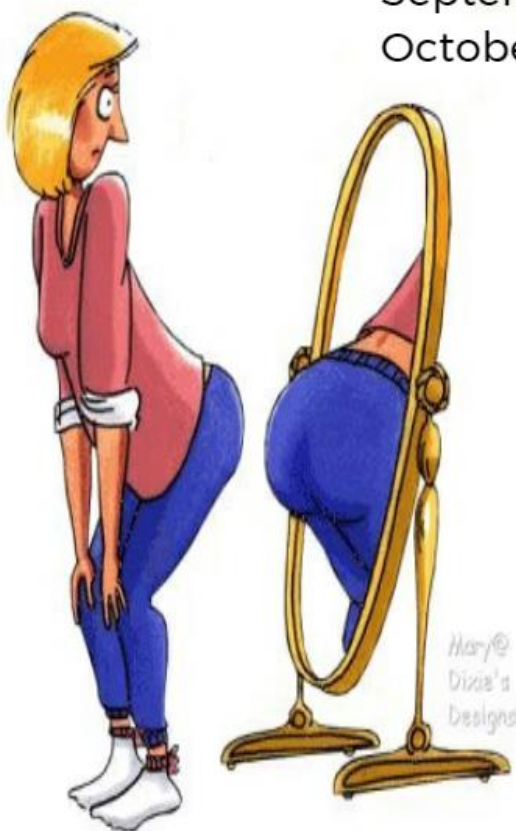
Email Aspen if planning to compete. All weigh-ins will be Tuesday mornings from 8:00 a.m.- 9:00 a.m. You will only be allowed to miss 4 weigh-ins total to be considered for the grand prize!

Weigh-In Dates:

August: 1, 8, 15, 22, 28

September: 5, 12, 19, 26

October: 3, 10, 17, 24, 31



Ends October 31, 2017

Celebrate your loss on Halloween
with a caramel apple!
.....minus the caramel

**Winner will be decided upon who
has lost the most percentage of
body weight.**

