

Sign up in Commons 11/10-12

WE Move... CHALLENGE



Competition runs Nov 15 - Dec 15

Entry fee is \$10

(50% \$\$\$ payback to biggest loser)

OR

Participate in BOTH The WDT Wellness Triathlon & WE Challenge = \$15

(\$5 savings)

Highest % Body Fat loss wins \$\$\$.

Must be registered & weighed by 12:30pm, 11/15/10.

Qualify to win with final weigh in by 12:30p, 12/15/10

Where do I weigh? - Student Accounts/Darcy Johnson.

Weigh in weekly (optional) or only beginning and end.

Where do I sign up? Commons WED or FRI, Nov 10 & 12

Wellness Enhancement (WE) challenges YOU Most body fat loss from 11/15 to 12/15

Proceed to WDT Student Emergency Fund