

LME BIGGEST LOSER 10: *Better Choices; Better You*

This year we're focusing on making small changes that over time can have a big impact on your health and weight. By practicing healthy habits you live a healthier lifestyle and can achieve your long term fitness goals.

INSTRUCTIONS:

- Register at the service desk and pick up a tracking log.
- There are 5 healthy habits you can complete daily.
- Fill in or check the healthy habit boxes as you complete them.
- If you meet the goal for a healthy habit that week, check the "Goal Met!" box.
- Each week you have a minimum number of goals to meet. If you met the requested number of goals you have successfully completed the week.

TO BE ELIGIBLE TO WIN THE \$50 GRAND PRIZE:

- You must complete the minimum goal(s) all of the 8 weeks our Biggest Loser program runs. Weekly check-in at LME Library is encouraged.
- **Turn in your completed log sheet by 1 PM, March 10, 2017.**
- Participants who completed all 8 weeks' goals and return their logs by Mar. 10th will be entered to win the \$50 Visa gift card by random draw.

FAQS:

Q: When do we weigh-in?

A: *There are NO weigh-ins this season. We're changing our habits and that should lead to weight loss but that is not how we're calculating things this year. However, you are responsible for tracking your healthy habits. Weekly check-in at the library is encouraged.*

Q: Do I have to come to library programs to count them as my activity?

A: *No, you are welcome to do your 20 minutes of activity any way you wish. However, if you do more than 20 minutes of activity you may not count it towards more than one day.*

Q: Does my 20 minutes of activity have to be all at once?

A: *No, if two 10 minute activity sessions work better for you that's fine. They just need to be completed in the same day.*

Q: Do I need to bring my log sheet when I check-in?

A: *No, weekly check-in is recommended but log sheets do not need to be turned in until the final week.*

Name: _____ Phone: _____



**Runs Jan. 7th
to Mar. 3rd**

- Enter for FREE!
- Short 8-week commitment
- Free workouts at the library
- Start healthy habits for lasting fitness
- ALL NEW FORMAT!

**\$50 Grand
Prize Drawing!**



Lillie M Evans Library - 207 N Walnut, Princeville - 385-4540

