

# AMAZING AMERICA TEAM WEIGHT LOSS EXPEDITION



## WEIGHT LOSS CHALLENGE

- **October 3—December 16**
- **Team of 3-5 Members**
- **Achieve team weight loss of 2% by 10/23 for pedometer drawing & 5% by 11/20 for smoothie drawing.**
- **Achieve 8% weight loss as a team to be entered into \$100 per team member prize drawing**
- **Maximum of 16% weight loss for the challenge**
- **Take Before & After Pictures**

Create or join a team of 3-5 and join our Amazing America TEAM Weight Loss Expedition. For detailed registration instructions & to join, visit [www.khcollaborative.org](http://www.khcollaborative.org) & click  logo.

\*Consult your physician before starting a new exercise or weight loss program.