

## USU Mini Weight Loss Challenge

Are you having trouble maintaining or losing weight?  
Do you need some motivation or some friendly competition between your coworkers?  
How about starting a mini (2-3 months) weight loss contest?

Contact Dayna or Caroline for more information. We're here to support you!

We can provide you with accountability,  
an accurate scale or body fat testing (in the wellness center),  
materials and tools, and encouragement.

### The Controller's Office Weight Loss Challenge

Total weight lost in 3 months = 54.5 lbs!! CONGRATULATIONS!!!

