

Appendix A: Employee Participation Form

Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Participation Form

I would like to participate in the 2019 Maintain, Don't Gain Holiday Challenge!

Please check off the appropriate box related to Holiday Challenge Access and your method of Tracking:

Holiday Challenge Access

- I **have** signed up for the Holiday Challenge on *Eat Smart, Move More Weigh Less's* website at <https://esmmweighless.com/holidaychallenge/>
- I **will** sign up for the weekly newsletter and tips on *Eat Smart, Move More Weigh Less's* website at <https://esmmweighless.com/holidaychallenge/> by **Nov. 18th**.

Daily Tracking

- I plan on tracking my daily calories, activity level, and weight on the Holiday Challenge paper logs (found on <https://esmmweighless.com/holidaychallenge/> under "Materials").
- I plan on tracking my daily calories, activity level, and weight through a website, mobile app, or other electronic means (such as MyFitnessPal or Loselt).

I understand that my participation in the Holiday Challenge is completely voluntary.

Please Sign Your Name Please Print Date

Your Site's Name: _____ Preferred E-mail Address: _____

Due to Dominique Simon by: **November 25, 2019;**

Email: dominique_simon@ncsu.edu

Fax: 919-496-0222

