Impossible?

I'M POSSIBLE!

Individual 10 Week Weightloss Challenge

Registration DEADLINE:

Monday, July 18th, 2016

Register at YN Diabetes Program

Start Date: July 18th, 2015 End Date: September 26th, 2016

***Weekly Winners *Prize for WINNERS**

Work HARD, Play HARD!

For more info contact
YN Diabetes Program
(509)865-5121
ext.6757

I'M • POSSIBLE!

Registration

DATE:_____

Name (First & Last):_____ **Date of Birth:**_____

Mailing Address:_____

Telephone Number:_____ **Message:**_____

Email:_____ **T-Shirt Size:**_____ **Gender:**_____

Are you currently a member of the YNDP? **Yes** / **No**

If yes when did you become a member?_____

Have you been diagnosed for Pre-Diabetes or Diabetes? **(Optional)** **Yes** / **No**

If yes when?_____

***Weigh-ins will be every Monday unless otherwise noted. Please plan to weigh-in every Monday for most accurate weight measurement.**

DO NOT FILL OUT BELOW LINE: FOR OFFICE USE ONLY

Beginning Weight:_____

Ending Weight:_____

Weekly Weigh-in			
Week 1		Week 6	
Week 2		Week 7	
Week 3		Week 8	
Week 4		Week 9	
Week 5		Week 10	