

Maintain Don't Gain Challenge: 2022 Honor Record Form

Please use this form to self report and submit your body weight for the 2022 Maintain Don't Gain Weight Maintenance Challenge. You are permitted to submit this form if you work at a location that does not have a company sponsored weigh-in, are unable to attend a company sponsored weigh-in, or if you work remotely.

Use this form to record your **weight in pounds (lbs.)**. In addition, you must also complete the **Weight Verification portion by signing and returning the form to your WebMD Representative or local coordinator after your initial weigh-in and weigh-out at the conclusion of the Challenge.**

Please complete all information, sign and date, and submit to your WebMD Representative listed below.

Name: _____ Phone: _____ Company: _____

Weight Verification

Weigh-In: _____ (November 14-18, 2022) Signature: _____ Date: _____

Weigh-Out: _____ (January 9-13, 2023) Signature: _____ Date: _____

Consent to Use Information. My signature authorizes that this is a truthful and accurate weigh-in and grants WebMD the right to use this information for managing my participation in the "2022 Maintain Don't Gain Weight Maintenance Challenge". I understand that submitting my weight is for the purposes of participation in this Challenge only and will not be shared with anyone, including the company or other Challenge participants.

After each weigh in, please record your weight in the appropriate space and sign and date. Once those items are completed, submit the form to your WebMD Program Representative.

Honor Record Form Submission Details:

Submit to: Angie Moreno, WebMD Wellness Coordinator

Email and scan to: angela.moreno@consultant.volvo.com

Take photo of Form and text to: (336) 609-2374

