No Excuses 8 Week Challenge

Yakama Nation Diabetes Program

Weekly Challenges

TEAMS OF 2

PRIZES TO
1ST, 2ND, & 3RD
PLACE
FOR MOST WEIGHT LOST
&
MOST BODY FAT% LOST

WEEKLY WEIGH-INS:
Beginning Weigh-In
Monday, Feb. 20, 2015
Final Weigh-In
Monday, April 27, 2015

Registration Due:
Friday, Feb. 20, 2015

For More Info Contact YNDP:
(509)865-5121 ext.6757

Name (please print):_____

Address:_____ Phone #:_____

_____

Gender: M / F Age:_____ Email Address:_____

Signature:_____ Date:_____

Name (please print):_____

Address:_____ Phone #:_____

_____

Gender: M / F Age:_____ Email Address:_____

Signature:_____ Date:_____

ALL PARTICIPANTS MUST BE ORIENTATED BEFORE CHALLENGE BEGINS

For more info contact YNDP: (509)865-5121 ext. 6757