

REGISTRATION FEE  
**\$10**



# 10 LB. CHALLENGE

Do you need direction or motivation to lose the weight you've always said you wanted to lose or the weight that slowly appeared over the holidays?

Participants who lose 10 Lbs. or more will split the money collected from the registration fees. If all participants lose 10 lbs., **everyone** will get their **\$10 back!**

Contractors will be given a "contractor card" to get access to the Fitness Center for free throughout the challenge.

**Register at the Fitness Center (Bldg. 22) by Jan. 10.**

For more information, call the Fitness Center front desk at 202-433-2282.

**JAN. 6** THRU  
**MARCH 31**  
NSAW FITNESS CENTER  
BUILDING 22

## WEIGH-INS:

First weigh-in – January 6-10, 2025

Mid program weigh-in – February 11-12, 2025 (optional)

Final weigh-in – March 27-28, and 31, 2025

*Weight-In will be at the Fitness Center, in the lobby on the same scale for consistency.*



**SCAN TO  
REGISTER!**



[www.navymwrwashington.com](http://www.navymwrwashington.com)

