## Maintain, Don't Gain!

Health Improvement Challenge

## Commit, control, maintain

Name:		
Weigh-In	Weigh-Out	
Date:	Date:	
Weight:	Weight:	
Please do not lose this record!		AmeriHealth.
Maintain, Don't Gain!  Health Improvement Challenge		
Commit, control, maintain		
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	Weigh-Out	
Date:	Date:	

Please do not lose this record!

