

No Gain, Maintain Challenge

This challenge is a fun and simple way to help us all keep our weight in check. The only thing members have to do is maintain their weight or gain no more than 2 pounds. That can be a challenge for some, so members are provided with tools, motivation and strategies.

To get started, members simply provide their name, weight and email address.

Every week throughout this challenge, members will receive email messages with motivation strategies and inspiration to help them win the challenge.

At the end of the challenge, members submit their name and weight. Everyone who maintains their weight within 2 pounds is entered in a raffle for some great prizes.

Materials required for the challenge:

- Software to collect registration information (Survey Monkey, Google or any data storage software)
- Weekly informational and motivational emails to participants. This can include recipes, eating tips, exercise routines or just plain old motivation
- Weekly surprise raffles to keep people engaged and excited (optional)
- Raffle prize for winner