



7 WEEK WEIGHT MAINTENANCE CHALLENGE

Balance the cheer challenge



This challenge is your chance to stay balanced, feel your best, and maintain healthy habits throughout the season.

Challenge goal

Maintain your initial body weight within 1.0% or lose weight by the end of the challenge.

Ready to keep your progress on track? Log in to the patient portal at my.marathon.health, click "Wellness" then "Challenges".

Tracking your activity

To record your current weight, click "Record Activity", select a date, then enter your weight.

Deadline: Entries must be completed by 11:59 PM ET on Sunday, December 6 to count towards your challenge goal. The challenge will remain open until Sunday, December 13 to allow for final data entry.



Registration

Opens: Monday, October 5

Closes: Sunday, October 25

Challenge dates

Monday, October 19 to
Sunday, December 6



Get ready! Challenge details and registration will open October 5 in your Marathon Health Portal.
my.marathon.health

