

# PROJECT ZERO

NOVEMBER 23, 2020 - JANUARY 15, 2021

STAY ON TRACK FOR "ZERO"  
WEIGHT GAIN & NON-SCALE  
VICTORIES OVER THE HOLIDAYS!

Rack up **Action Points** by making  
healthy choices in Nutrition,  
Exercise, Sleep, and Stress  
Management.

Include **Accountability Points** to  
improve your chances of success!

**15 total points** - to win 1 of 20 **\$25 E-Gift Cards**

**25 total points** - to win 1 of 5 **\$100 E-Gift Cards**



[REGISTER HERE](#) by 11/20

## Questions?

Contact the Wellness Council of Arizona at  
**[challenges@welcoaz.org](mailto:challenges@welcoaz.org)**

