

Take The Path to Health Challenge



Path to Health Challenge Agreement

Lose weight and Gain a healthier you!

By following our 21-Day Program and maintaining the healthy diet and exercise regimen for 90 days, you will earn the chance to win a 3-day Getaway at the Island on Lake Travis (Lago Vista, TX) or a Gift Certificate from Primero Health, Inc. and our local partners!

To participate in the Path to Health Challenge, you must start with the 21-Day Program (www.primerohealth.org/phe-pthp-details.html). You must maintain the diet and exercise regimen from the program for 90 days. Once you've completed the challenge:

Print this form. Email a completed and signed copy to us at: pathtohealth@primerohealth.org.

Signature : _____

Date : _____ **Phone:** _____

Address : _____

Email Address : _____

Weight

Day 1: _____ **Day 21:** _____ **Day 90:** _____

Body Measurements (in inches)

Day 1:	Day 21:	Day 90:
Chest: _____	Chest: _____	Chest: _____
Waist: _____	Waist: _____	Waist: _____
Hips : _____	Hips : _____	Hips : _____
Thighs: _____	Thighs: _____	Thighs: _____

We'd like to share your success story on our website with the Primero Health community! If you want to give us your permission to do so, please sign below. Please send a before and after picture of yourself, along with a short story of your journey on the Path to Health. Due to limited space, not all stories will be featured.

I'm happy with my success in taking the Path to Health Challenge. I give Primero Health, Inc. permission to use my success story and photos on their website.

Name: _____ **Date:** _____

Signature: _____