



# WEIGH-IN CHALLENGE

## CENTRAL LINCOLN COUNTY YMCA

**Step into the New Year with support and accountability. A weigh in challenge just for you!**

Welcome to the new year and a new goal. Here are some tips for weighing in:

- Weigh yourself in the morning after you have used the bathroom
- Weigh yourself on the same scale
- Weigh yourself barefoot to make sure you are distributing your weight evenly
- Weigh yourself at the same time each day

**WEIGH-INS STARTING  
JANUARY 2ND 2026**

To get started, register at the front desk. You'll receive a weigh-in card to record your starting weight and date, helping you track progress towards your goals.

For more information, contact  
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