



HEALTHY LIVONIA'S

# 100 DAYS to Health

GET INFORMED  
GET FIT  
GET HEALTHY!

## 100 Day Weight Loss Fitness Challenge

Registration deadline is Monday, Feb. 28, 2022

To be eligible for the monthly raffle prize, you must attend the monthly weigh-in. When you weigh in each month, you will receive an entry into the monthly raffle. To earn an additional entry into the monthly raffle, you must work out on your own, attend any regular exercise class or attend any 100 Days activity for a total of 4 activities per week.

A tracking sheet will be provided. You will be on the honor system with your tracking. Just mark your tracking sheet with all activity performed.

### WEIGH-IN DATES

Feb. 27 – 9 a.m. to 7 p.m.	Feb. 28 – 9 a.m. to 9 p.m.
April 3 – 9 a.m. to 7 p.m.	April 4 – 9 a.m. to 9 p.m.
May 1 – 9 a.m. to 7 p.m.	May 2 – 9 a.m. to 9 p.m.
June 4 – 9 a.m. to 7 p.m.	June 5 – 9 a.m. to 7 p.m.

In order to be eligible for the Grand Prize, participants must attend one weigh-in per month. The winner will be determined by the most weight lost (as a percentage of their total body weight).

The winner will be announced no later than June 13, 2022. All decisions are final. In the event of a tie, a random drawing will determine the winner.

**MONTHLY RAFFLE PRIZES!**  
**Dick's Sporting Goods**  
**Gift Certificates \$5-\$20**



15100 Hubbard, Livonia 48154 \* (734) 466-2900 \* [LivoniaParks.org](http://LivoniaParks.org)