

Heartland Health presents



The KJO 105.5 Pound Plunge



www.takethepoundplunge.com

Weekly Weigh-in Schedule

You can only miss two weigh-ins during the 12-week challenge to remain eligible for prizes. If you miss more than two weigh-ins, you can still participate.

WEEK 2

Tuesday, January 12 5 - 8 p.m.
East Hills Shopping Center
Wednesday, January 13 6:30 - 9 a.m.
Heartland Regional Medical Center (HRMC), East Wing

WEEK 3

Tuesday, January 19 5 - 8 p.m.
East Hills Shopping Center
Wednesday, January 20 6:30 - 9 a.m.
HRMC, East Wing

WEEK 4

Tuesday, January 26 5 - 8 p.m.
East Hills Shopping Center
Wednesday, January 27 6:30 - 9 a.m.
HRMC, East Wing

WEEK 5

Tuesday, February 2 5 - 8 p.m.
East Hills Shopping Center
Wednesday, February 3 6:30 - 9 a.m.
HRMC, East Wing

WEEK 6

Tuesday, February 9 5 - 8 p.m.
East Hills Shopping Center
Wednesday, February 10 6:30 - 9 a.m.
HRMC, East Wing

WEEK 7

Tuesday, February 16 5 - 8 p.m.
East Hills Shopping Center
Wednesday, February 17 6:30 - 9 a.m.
HRMC, East Wing

WEEK 8

Tuesday, February 23 5 - 8 p.m.
East Hills Shopping Center
Wednesday, February 24 6:30 - 9 a.m.
HRMC, East Wing

WEEK 9

Tuesday, March 2 5 - 8 p.m.
East Hills Shopping Center
Wednesday, March 3 6:30 - 9 a.m.
HRMC, East Wing

WEEK 10

Tuesday, March 9 5 - 8 p.m.
East Hills Shopping Center
Wednesday, March 10 6:30 - 9 a.m.
HRMC, East Wing

WEEK 11

Tuesday, March 16 5 - 8 p.m.
East Hills Shopping Center
Wednesday, March 17 6:30 - 9 a.m.
HRMC, East Wing

WEEK 12

Tuesday, March 23 5 - 8 p.m.
East Hills Shopping Center



Join the Discussion Board at www.takethepoundplunge.com.