






Weight-Wise Rewards:

-  Your rewards are in “Wise Bucks” not real dollars!!!
-  Earn 10 Wise Bucks(\$) each session
 - Showing up (Attendance) = \$2
 - Completing your FFD (food record) = \$1-4
 - 5-7 days = \$4
 - 3-4 days = \$2
 - 1-2 days = \$1
 - Recording your physical activity minutes = \$1-4
 - 5-7 days = \$4
 - 3-4 days = \$2
 - 1-2 days = \$1
-  Earn \$10 in **Bonus Points!**
 - Completing food records for 6-7 days with calories counted = \$5
 - Getting 150+ minutes/week of physical activity = \$5
-  Spend your Wise Bucks at the 6th, 11th, or 16th group session.



Rewards

 \$25	<ul style="list-style-type: none"> ▪ Folding brush with mirror ▪ 4-way measuring spoon ▪ Light-up whistle with key chain 	<ul style="list-style-type: none"> ▪ Lip dip ▪ Magnetic clip ▪ Shoe caddy
 \$50	<ul style="list-style-type: none"> ▪ Measuring cup ▪ Food storage container 	<ul style="list-style-type: none"> ▪ Mesh backpack ▪ T-shirt
 \$75	<ul style="list-style-type: none"> ▪ Hand weights ▪ Stick blender 	<ul style="list-style-type: none"> ▪ Apron
 \$100	<ul style="list-style-type: none"> ▪ Cookbook (2 choices) 	<ul style="list-style-type: none"> ▪ Physical Activity videotape
 \$200	<ul style="list-style-type: none"> ▪ George Foreman Grill ▪ Bathroom scale 	

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5 **Wise Bucks** 5

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5 **Wise Bucks** 5

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5 **Wise Bucks** 5

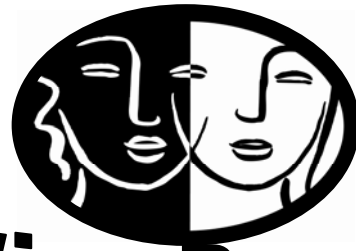
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5 **Wise Bucks** 5

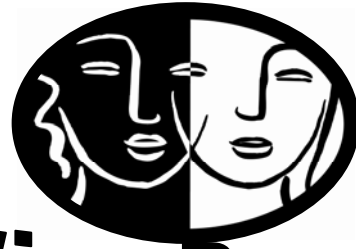
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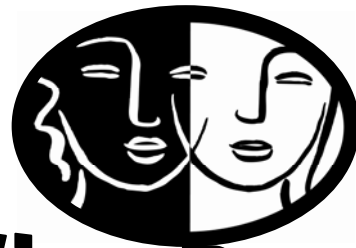
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5 **Wise Bucks** 5

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