

SMART-MTA WELLNESS PROGRAM

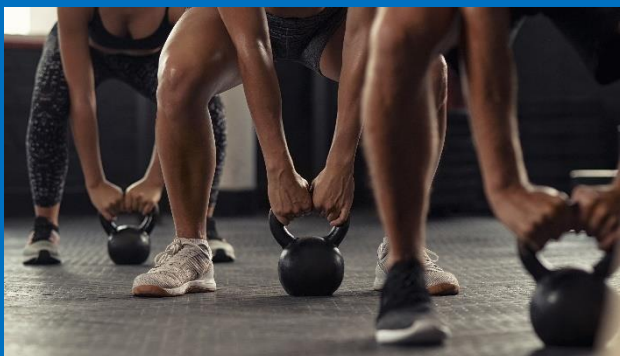
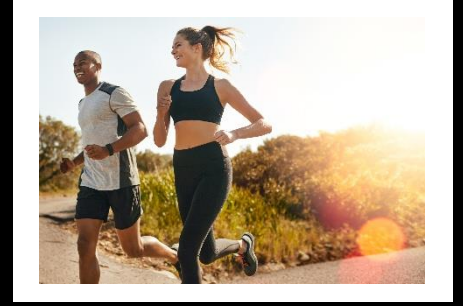
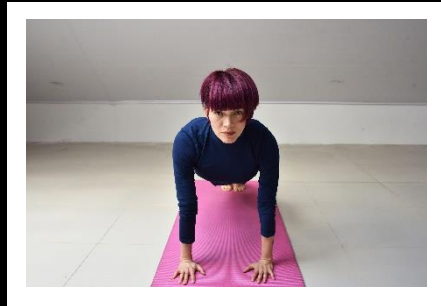
12 WEEK WEIGHT LOSS CHALLENGE

START DATE

March 4th, 2026

WEIGH-IN

Every other week



**Weight loss will be
based on a percentage,
not overall pounds**

**Please contact your Wellness
Ambassador with any questions**

