



The Holy Mess Membership BADGES

Motivation Booster!

Collect badges for weight lost and maintained. Cut out each badge and paste it to the badge grid.

Weight lost before you joined the membership counts also.

You'll receive new badges for each month's activities.

Watch for surprise bonus badges, too!





5 pounds = Gallon milk



10 pounds = Sack of potatoes



15 pounds = Bowling ball



20 pounds = Car tire



25 pounds = Large bag
of dog food



30 pounds = Bundle of
firewood



35 pounds = Case of water
bottles



40 pounds = Seven year old
child



45 pounds = Commercial
microwave



50 pounds = Medium-sized
punching bag



55 pounds = Small bale of hay



60 pounds = Full cooler at
a picnic



65 pounds = Small surfboard



70 pounds = Packed suitcase
for a week-long trip



75 pounds = Third grader



80 pounds = Large bag of
concrete mix



85 pounds = Big box of office
paper (10 reams)



90 pounds = Large dog



95 pounds = Electric scooter



100 pounds = Great Dane







Cut out your
next badge &
glue it here.

