

New Year, New You Weight Loss Challenge

Safely achieve the highest percentage of total weight loss during the challenge and win! Winners will be recognized at individual, team and campus levels.

You may select as many winners as you want in these categories. Recommended 3 each team and 3 each individual (unless you have a small campus then keep it to overall individual and overall team). *Optional: To celebrate more of the successes over the challenge, you may also award "Most Change" after each of the bi-weekly weigh-ins. Typically you will see this change quite a bit so chances are you will be able to award employees (or teams) that may not win but may have a good weigh-in week.*

Awards: Compete in teams of 4 to win:

- Top 3 individuals* (1st place \$250, 2nd place \$150, 3rd place \$50)
- Top 3 teams* (1st place \$250 each, 2nd place \$150 each, 3rd place \$50 each)
- Top 3 campuses (\$500 towards wellness event)

*Made payable in Go365 Bucks

Employees should develop teams of four people. If you have individuals who do not have a team, place them into team together. *Sometimes you may have to put together a group of 5 or 3 people. Try not to do this whenever possible, but understand because it is percentage weight loss, the teams do remain fair.* Teams will select a team name for the duration of the challenge (i.e. Mission Slimpossible, etc). Great ideas for team names can be found on the internet. Teams will commit to support one another encourage each other during the challenge. Often times teams will also exercise and eat together to promote accountability.

Equipment Needed:

- Scale – prefer wheelchair model in your campus
- Anthropometric Measuring Tape (this is specific to Trilogy-wide challenges)
- Registration, Rules and Weigh-In Forms
- Excel Challenge Results Worksheet
- Private area for weigh-in and waist circumference measurements

Procedures:

1. One week in advance: pass out registration forms and rules). Encourage participants to form teams of four. Notify participants of date(s) of initial weigh-ins. If interested, create a Fitbit Campus Group under “community,” “Activity Groups,” “Create a Group.”
2. Initial Weigh in: A private area should be set up for measurement. When possible, one person per room should be allowed with administrator. If available, partitions can be used to separate weight and waist measurement areas from viewing. Participant’s bring in registration paperwork. When possible, encourage teams to weigh in together.
3. Write down participant’s name and team name on the initial weigh in form.
4. Have participant remove shoes and step on zeroed scale. Records weight to the nearest tenth (ex. 137.6 pounds). Be sure to NOT state the employee’s measurements aloud but discretely record them in a place out of view from others in the program.
5. Measure participant’s waist at belly button (umbilical) level by having participant hold end of measuring tape at belly button (when possible, measure over thin shirt-if participant has a bulky shirt or pants on, they may need to lift shirt to expose waist). Walk around participant to starting point and grab end of measuring tape. Gently pull the measuring tape until the hash line is exposed in the correct position. Record the measurement to the nearest quarter inch (ex. 38.75”).
6. The ambassador should update the employee/team weights on the master form after each weigh-in. Weigh-ins should be completed within two days before or after the actual weigh in date if unable to attend as scheduled.

Thank you for your hard work in making this program a success.

In Health,

Your TrilogyFIT Team



2019 Program Weigh-in Schedule

January 23 (Week 1)	Initial Weigh in
February 1 (Week 2)	Weigh in #2
February 15 (Week 4)	Weigh in #3
March 1 (Week 6)	Weigh in #4
March 8 (Week 7)	Final Weigh in