

COULEE MEDICAL CENTER'S



Wellness Challenge

If you would like to participate in the program by yourself, please mark the "individual" box, OR if you would like to participate with a team, mark the "team" box. Teams should be comprised of 4-6 people, and a team name and team leader needs to be selected. If you would like to participate in both the individual and team challenge it is \$10 total.

Individual Challenge (\$5)

Name: _____ Phone: _____ Email: _____

Team Challenge (\$5 each team member)

Name: _____ Phone: _____ Email: _____

Captain: _____ Phone: _____ Email: _____

Team Name: _____

Team Members: _____ Phone: _____ Email: _____

_____ Phone: _____ Email: _____

_____ Phone: _____ Email: _____

_____ Phone: _____ Email: _____

Please return this completed form with your entry fee to CMC's front desk, or email to hwc@cmccares.org by **Friday, May 22nd.*

Paid \$ _____

CMC WELLNESS CHALLENGE DETAILS

This contest is about encouraging participants to either incorporate healthier behaviors into their everyday lives and/or to lose weight in a healthy way. Each of the 8 weeks of the program, participants will be given a challenge or tips focused on various aspects of improving their health and habits, such as nutrition, sleep, and exercise.

- 8 week challenge (June 1 – July 27)
- \$5 to participate and in the running for a grand prize!
- Individual challenge or in teams. Teams of 4-6 participants. Choose a team name.
- Choose one person on your team as Team Leader (submits team's weights, motivates team members, facilitates team meetings, and organizes fun team events)
- A new challenge begins every Monday morning. You will receive a weekly email every Friday explaining the next week's challenge.
- Honor system weigh-ins every Wednesday. You are responsible for submitting your weight each week to either your team leader or directly to CMC's Dietitian by Wednesday at 5PM. First weigh-in is June 1st, and final weigh-in is July 27th. Only the first and last weigh-in will be used for scoring. Weigh-ins should occur on the same scale each week.
- Team results will be published weekly in The Star and CMC's website.
- Scoring will be based on the individual or team's total percentage of body weight lost, and most wellness points earned.
- There will be 4 winners. For the individual challenge, the greatest weight loss and most wellness points. For teams, the greatest weight loss and most wellness points.
- Earn extra points by attending Weekly Wellness Events, such as hiking, volleyball, swimming, softball, walking, Frisbee golf and more! You will be notified of events weekly.

For questions or to sign up please call 509-633-1753, stop by CMC's front desk, or email hwc@cmccares.org. All names and weights will be held confidential throughout this program. Weights will be submitted to CMC's Dietitian at hwc@cmccares.org. Before the challenge begins you will receive an email stating the program rules and instructions. Thank you for participating!

Jacie Johnson, RD