



THE BIGGEST LOSER[®] CHALLENGE



 **working on
wellness**
mendocino county

TEAM CAPTAIN PACKET
TEAM "WEIGHT LOSS CHALLENGE"

TEAM "WEIGHT LOSS CHALLENGE" TEAM REGISTRATION FORM

1. Create a Team Name and Assign a Team Captain
2. Select a Team Mascot and email image to fordks@co.mendocino.ca.us
3. Submit your completed Team Registration Form to MCWOW by February 28th, 2014

Team Name: _____

Team Captain (Include details below): _____
Name

TEAM MEMBERS

(Teams must consist of 2-6 people)

Team Member 1: _____
Name Phone # Dept

Team Member 2: _____
Name Phone # Dept

Team Member 3: _____
Name Phone # Dept

Team Member 4: _____
Name Phone # Dept

Team Member 5: _____
Name Phone # Dept

Team Member 6: _____
Name Phone # Dept

REGISTRATION DEADLINE: FEBRUARY 28TH, 2014



Please contact MCWOW at 234-6610, or email fordks@co.mendocino.ca.us should you have any questions.

RULES & GUIDELINES

TEAM "WEIGHT LOSS CHALLENGE"

Participating in the Team "Weight Loss Challenge" allows you to enjoy the encouragement, motivation and accountability other team members offer on your collective weight loss journey. Each week, your participant guide will cover a different nutrition and physical activity component teaching you how to integrate healthy habits into your life. Teams will take part in a beginning, mid-point and final team weigh in as you compete for one of three team based prizes. The final team based prizes will be awarded to the teams with the greatest percent weight loss at the end of the challenge. Winning raffle prize will not disqualify you from winning a Team "Weight Loss" Challenge Prize. For additional resources to help you lose weight, refer to your "Weight Loss Challenge" Team Registration Packet.

- ★ Registration must be received by February 28th, 2014.
- ★ Teams must consist of at least 2 and no more than 6 participants. (Teams may include family members covered on the health plan)
- ★ A Team Captain must be chosen.
- ★ Decide on a team name and team mascot image...It's okay to be silly. *(Winners will be identified by their team name and mascot. Percent weight loss will also be provided. Individual Team member names will only be announced with permission from all members on the winning team. Individual percent weight loss information will not be shared.)*
- ★ Decide which team member will bring in the scale to be used throughout the Biggest Loser Challenge.
 - ⇒ The same scale must be used for each weigh-in
 - ⇒ Teams may decide internally to weigh-in more often to encourage ongoing weight loss, but a Beginning, Mid-point and Final weight must be recorded and submitted on the **Weight Loss Tracking Forms** during the weigh in dates listed below.

Team Captains

The Team Captain will:

- ★ Perform beginning, mid-point, and ending weigh-ins for team members (Please note: The team captain must ensure accuracy by making sure that the same scale is used each time. Also, team members must weigh at each weigh-in wearing only a shirt (no jacket, coat, sweater), pants/skirt, socks/nylons (no shoes), and with empty pockets (no keys, cell phones etc).
 - ⇒ Utilize the Weight Loss Tracking Form to log weigh-ins (You may decide to track weekly weight loss; however, only three official weigh-ins are required.) Weight should be recorded to the nearest 1/10th of a pound (e.g. 159.2).
- ★ Report team weights on the **Weight Loss Tracking Form** during the weeks of:

BEGINNING: Week 1 - Monday, March 3rd - Friday, March 7th

MID POINT: Week 6 - Monday, April 7th - Friday, April 11th

FINAL: Week 12 - Monday, May 19th - Friday, May 23rd

Drop Outs:

Although all Biggest Loser Contestants should initially commit to the entire 12 weeks:

- ★ In the event a team member drops out during the first part of the challenge, their original weigh-in weight will be entered as their mid-point and final weight. If a team member drops out during the second half of the challenge, after the mid-point weight was recorded, then the mid-point weight will also be used as their final weight.
- ★ Teams must complete and submit all 3 team weigh in forms to be eligible for the team prizes. Teams who turn in their weigh in form late or who drop out, will forfeit their eligibility in the challenge prizes.

BEGINNING WEIGH-IN WEIGHT LOSS TRACKING FORM

Team Name: _____

TEAM WEIGH IN

Weight should be recorded to the nearest 1/10th of a pound (e.g. 159.2).

Team Member 1:	_____	_____
	First Name OR Initials	Weight
Team Member 2:	_____	_____
	First Name OR Initials	Weight
Team Member 3:	_____	_____
	First Name OR Initials	Weight
Team Member 4:	_____	_____
	First Name OR Initials	Weight
Team Member 5:	_____	_____
	First Name OR Initials	Weight
Team Member 6:	_____	_____
	First Name OR Initials	Weight

TOTAL TEAM BEGINNING WEIGHT

Total Team Weight

TEAM CAPTAIN INSTRUCTIONS:

- Team members must weigh at each weigh-in wearing only a shirt (no jacket, coat, sweater), pants/skirt, socks/nylons (no shoes), and with empty pockets (no keys, cell phones etc)
- The team captain is responsible for accuracy. The same scale must be used at each weigh in.

**FAX OR EMAIL YOUR COMPLETED CONFIDENTIAL WEIGH IN FORM TO MCWOW
BETWEEN FEBRUARY 3RD-7TH, 2014
AT 707-463-4929 OR fordks@co.mendocino.ca.us**



Please contact MCWOW at 234-6610, or email fordks@co.mendocino.ca.us should you have any questions.

MID-POINT WEIGH-IN WEIGHT LOSS TRACKING FORM

Team Name: _____

TEAM WEIGH IN

Weight should be recorded to the nearest 1/10th of a pound (e.g. 159.2).

Team Member 1:	_____	_____
	First Name OR Initials	Weight
Team Member 2:	_____	_____
	First Name OR Initials	Weight
Team Member 3:	_____	_____
	First Name OR Initials	Weight
Team Member 4:	_____	_____
	First Name OR Initials	Weight
Team Member 5:	_____	_____
	First Name OR Initials	Weight
Team Member 6:	_____	_____
	First Name OR Initials	Weight

TOTAL TEAM BEGINNING WEIGHT

Total Team Weight

TEAM CAPTAIN INSTRUCTIONS:

- Team members must weigh at each weigh-in wearing only a shirt (no jacket, coat, sweater), pants/skirt, socks/nylons (no shoes), and with empty pockets (no keys, cell phones etc)
- The team captain is responsible for accuracy. The same scale must be used at each weigh in.

**FAX OR EMAIL YOUR COMPLETED CONFIDENTIAL WEIGH IN FORM TO MCWOW
BETWEEN APRIL 7TH-11TH, 2014
AT 707-463-4929 OR fordks@co.mendocino.ca.us**



Please contact MCWOW at 234-6610, or email fordks@co.mendocino.ca.us should you have any questions.

FINAL WEIGH-IN WEIGHT LOSS TRACKING FORM

Team Name: _____

TEAM WEIGH IN

Weight should be recorded to the nearest 1/10th of a pound (e.g. 159.2).

Team Member 1:	_____	_____
	First Name OR Initials	Weight
Team Member 2:	_____	_____
	First Name OR Initials	Weight
Team Member 3:	_____	_____
	First Name OR Initials	Weight
Team Member 4:	_____	_____
	First Name OR Initials	Weight
Team Member 5:	_____	_____
	First Name OR Initials	Weight
Team Member 6:	_____	_____
	First Name OR Initials	Weight

TOTAL TEAM BEGINNING WEIGHT

Total Team Weight

TEAM CAPTAIN INSTRUCTIONS:

- Team members must weigh at each weigh-in wearing only a shirt (no jacket, coat, sweater), pants/skirt, socks/nylons (no shoes), and with empty pockets (no keys, cell phones etc)
- The team captain is responsible for accuracy. The same scale must be used at each weigh in.

**FAX OR EMAIL YOUR COMPLETED CONFIDENTIAL WEIGH IN FORM TO MCWOW
BETWEEN MAY 19TH—23RD, 2014
AT 707-463-4929 OR fordks@co.mendocino.ca.us**



Please contact MCWOW at 234-6610, or email fordks@co.mendocino.ca.us should you have any questions.