



# Spring Into Action Team Challenge

## TEAM CHALLENGE RULES & INFORMATION

The Weigh and Win Team Challenge encourages participants to form teams and compete against others across the state. Enjoy friendly competition and benefit from additional motivation and social support. Compete for prizes February 1 – April 30, 2015 for either:

**Most cumulative weight improvement (%) OR Most average HEALTHpoints accrued**

**JOIN OR CREATE A TEAM:** Teams can form any time after February 1. Visit [www.WeighandWin.com/TeamChallenge](http://www.WeighandWin.com/TeamChallenge) and log into your Weigh and Win account to join or create a team.

**LEADER BOARD:** During the challenge, a Leader Board will appear in the ‘Team Challenge’ link on the Weigh and Win website. The Leader Board shows the live ranking of each team.

**PRIZES:** Individuals from the top 3 teams in each category receive prizes, and each winning team chooses one of the below organizations for a \$1,000 donation to be made in their team’s name (funded by Kaiser Permanente).

Statewide	Denver Metro	Southern Colorado	Northern Colorado
Big Brothers & Big Sisters of CO Cooking Matters Bicycle Colorado Habitat for Humanity Hunger Free Colorado American Heart Association American Cancer Society American Diabetes Association American Lung Association	Colorado Coalition for the Homeless Food Bank of the Rockies Metro Volunteers Boys & Girls Club of Metro Denver Mile High United Way	Care & Share Food Bank Boys & Girls Club of Pueblo Co Pikes Peak United Way United Way of Pueblo Co	Touchstone Health Partners Pathways Hospice Larimer United Way Weld United Way

### WEIGHT IMPROVEMENT TEAM CHALLENGE PRIZES:

- 1st: Fitbit Charge (\$129 value) – Tracks your steps and sleep!
- 2nd: Sports Authority Gift Card (\$60) – Buy yourself a healthy new gift!
- 3rd: Foam Roller(\$40) – Use it for working out and working out knots in your muscles!

### HEALTHPOINTS TEAM CHALLENGE PRIZES:

- 1st: Target Gift Card (\$30)
- 2nd: Skinnytaste Healthy Cookbook (\$20)
- 3rd: Glass Water Bottle (\$15)

**TEAM SIZE:** Teams must be comprised of 4 to 8 people. In order to join a team, the person must already be enrolled as a Weigh and Win participant.

**WEIGH-INS:** Every team member must weigh-in at least **two times** during the challenge period, February 1 - April 30. The objective of the Team Challenge is to have the most weight improvement between these dates. To get the best results, participants should try to weigh-in as close to the beginning and as close to the end of the challenge period as possible.

**COMMUNICATION and PRIVACY:** All team members will be able to see each other’s email addresses, which will allow them to easily get in touch with other team members (i.e. to remind each other to weigh-in, provide encouragement etc.). All other personal information, including individual weight data, is NOT shared. Only aggregate team data appears on the Leader Board.

**INDIVIDUAL WEIGH AND WIN PROGRAM:** Participation in the Team Challenge does not affect the individual program. Quarterly weigh-in periods still apply and participants still earn cash awards for achieving and maintaining a healthy weight.