



Healthy Weight, Healthy Heart Team Challenge

Goal: To work together as a team to develop healthier habits, lose a few pounds, and improve your heart health during this 10 week challenge.

Challenge Begins: January 29, 2017
Starting team weight due by January 27th

Challenge Ends: April 8, 2017
Final team weight due by April 12th

RULES

- 1. RECRUIT.** Form a team with up to 5 employees. Designate one person as the captain.
- 2. REGISTER.** Captains – gather your team’s starting weight and get your team registered by January 27th. The registration form is found on page 2 of this document.
- 3. REPORT.** Captains are responsible to report team weight to HealthWise each Tuesday.
Starting weight due January 27th.
Week 1: January 29 – February 4 Report team weight by February 7
Week 2: February 5 – February 11 Report team weight by February 14
Week 3: February 12 – February 18 Report team weight by February 21 weekly through
Week 10: April 2 – April 8 Report team weight by April 11
- 4. ENCOURAGE.** Encourage and support your team along the way. Team standings will be posted weekly and will list each team’s percentage (%) weight loss from the starting weight – no individual or team weight will ever be posted.
- 5. LOSE 5, GAIN 10 REWARD.** Teams that achieve at least a 5% weight loss will receive a **\$10 Subway card** for each team member who loses weight.

If you have questions, contact HealthWise.

Email: healthwise@crownc.com

Website: healthwise.employee.crown

Fax: Internal: Ext. 12317

External: 419-629-2317

Phone: Internal: Ext. 14330

External: 419-629-6330



Healthy Weight, Healthy Heart Team Registration Form Due by January 27, 2017

Starting Team Weight _____
(if no starting weight is entered, your first week weigh-in will be your starting weight)

Team Name _____ Location _____

Captain _____ Emp# _____

Email *(only if not a Crown email)* _____

Member _____ Emp# _____

Member _____ Emp# _____

Member _____ Emp# _____

Member _____ Emp# _____

Enter your team by completing this form and sending to HealthWise by:

Email: healthwise@crownc.com

Fax: Internal: Ext. 12317
External: 419-629-2317

Ph: Internal: Ext. 14330
External: 419-629-6330