



Spring into Action Team Challenge

Goal: Teams will work together to lose a few pounds and accumulate points for the completion of health-related activities during this 8-week challenge.

Challenge Begins: March 24, 2019

Challenge Ends: May 18, 2019

RULES

- Form a team of up to 5 employees. Designate one person as the captain.
- Register your team online at healthwise.employee.crown/challenge or by completing the registration form below by March 22, 2019.
**You will receive the Spring into Action Healthy Habits Scorecard when you register.*
- Captains will report team weight and health task points accumulated each week to HealthWise.
- Team progress listing percentage (%) of weight loss (no individual or team weight will be posted) and points will be posted weekly.
- Teams that achieve at least a 5% weight loss and have accumulated at least 1,000 total points or 200 point per team member for the completion of the health-related tasks will receive a **\$10 Subway card** for each team member.

Contact HealthWise if you have any questions.

Email: healthwise@crow.com

Website: healthwise.employee.crown

Fax: Internal: Ext. 12317

External: 419-629-2317

Phone: Internal: Ext. 14330

External: 419-629-6330

Register your team by March 15th and receive a challenge gift bag for each team member.

Spring into Action Team Registration Form

Due by March 15, 2019

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

Team Name _____ Location _____

Captain _____ Emp ID _____

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

Member 2 _____ Emp ID _____

Member 3 _____ Emp ID _____

Member 4 _____ Emp ID _____

Member 5 _____ Emp ID _____

Enter your team by completing this form and sending to HealthWise by March 22, 2019.

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