



Holiday Weight Maintenance Challenge

COORDINATOR'S "How To" GUIDE

A. SIGN UPS

- Have employees sign up as an individual or as a team / group of 3 or 4.

B. PARTICIPATION

- Collect a \$5 participant fee from each person.
- Put all participant fees into the "jackpot".
- Anyone who maintains their weight within 2 lbs. splits the "jackpot" in January.
- To the Employer: Consider matching what is in the "jackpot" to enhance more dedicated participation.
- Designate a person to be in charge of the "jackpot".

C. WEIGH-INS

- Initial weigh-in: Mid November
- Mid-point weigh-in: Mid December
- Final weigh-in: Early January
- Participant must certify at each weigh-in that they have maintained their weight, stating how much they have lost or gained.
- Weigh-ins should be done privately - honor system applies.
- Weigh-ins may be done in teams if a freight scale is available at your worksite. The whole team can jump on the scale at once!
- Weigh-ins may be done under "code names" or "code numbers". For example, if John lost 2 lbs., he can record his entry as "Bulldog: -2 lbs." using a code name, or "Employee 267: -2 lbs." using a code number.
- A publicly posted "leader board" may be used to track individual or team progress.
- Assign a staff person at each location to schedule weigh-in dates & times, encourage participation, and collect certification forms.
- Consider contracting with third party or local hospital to administer weigh-ins.



Tips:

- *Use the same scale throughout challenge for consistency.
- *Administer weigh-ins at the same time of day.



Questions?

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