



The Weight Loss Challenge!

Is your department considering a weight loss challenge? If so, this toolkit will be provided to guide you through your journey. Within the toolkit, you will find everything you need to get started on your weight loss challenge.

Prior to starting, consider the helpful tips listed in this toolkit. We want to make your weight loss journey easy, fun & simple to follow!



Steps to Getting Started

- Obtain permission from your supervisor to conduct the competition
- Announce plans for your department challenge to assess interest and potential participation
- Publicize the start and end date of your competition
- Appoint someone in your department to be the leader
- Determine the length of your challenge – 4 or 8 weeks
- Establish solid rules on the front end
- Determine how much money each person will contribute to the pot
- Decide your payout option
 - Option 1 – High Stakes Winner Takes All! (FYI...might elevate the competition level between participants)
 - Option 2 – Tiered split between 1st, 2nd & 3rd place winners
- Perform weekly weigh-ins (make this consistent) on the same day each week
 - Make sure the scale is in a private area to secure privacy
- Weigh-ins must have a witness or record themselves
- Determine the final winner at the final weigh-in
- Consider **counting the percentage of body weight lost rather than total pounds**. There are 2 main measurements that weight-loss competitions use. The first is overall weight loss, which is just the total pounds (kg) that a person lost. The second measures the percentage of body weight lost. Both are important for weight loss, so consider counting both measures when you determine winners.
 - For instance - Contestant A may weigh 200 pounds (91 kg) and Contestant B may weigh 300 pounds (140 kg). At the end of the competition, A lost 20 pounds (9.1 kg), or 10% of his bodyweight, and B lost 25 pounds (11 kg), or 8%. Contestant B won in overall weight loss, but Contestant won in percentage loss.
 - Consider offering 2 prizes, 1 for most overall weight lost and 1 for highest percentage.

Inventory List

Below you will find an inventory of everything you need to make your competition a success.

- Advanced biometric data sheet (located in the weight loss challenge folder)
 - In depth data sheet – more complex measurements
 - Requires a purchase*
 - Tape measure
 - Scale
 - Body fat analyzer
 - Measures your weight and volume to determine your body density. Then, it uses these figures to calculate your body fat percentage.
 - Body fat caliper
 - Skinfold calipers measure the thickness of our subcutaneous fat – the fat underneath the skin.
- Certificate
- Measurement tracker
 - Requires a purchase
 - Tape measure
 - Scale
- Nutrition & activity log
- Basic weight tracker
 - Requires a purchase
 - Scale

***You don't need to spend hundreds of dollars on equipment for this challenge. However, not all scales are created equal. If you decide to purchase equipment, make sure it is accurate and meets your goals and needs.**

Here are some ideas to get started:

Aborleaf Smart Digital Scale



Body Fat Caliper and Measuring Tape

