

COUNTYWIDE



Competition

**Team Captain Kick-Off
and Training
August 2014**



Are you ready to
share your inner
Jillian, Bob or
Dolvett?

You Have a Team, Yea! Now What?



TEAM CAPTAIN ROLE

- * The Team Captain must have access to the internet to enter weigh-in information onto the "Biggest Loser" Reporting Site.
- * The Team Captain will:
 - * Perform initial, mid-point, and ending weigh-ins for team members.
 - * Use the same scale and location each time to ensure accuracy.
 - * Utilize the Weight Loss Tracking Template to log weigh-ins.
 - * Although only three total team weigh-in's are required to be reported, the tracking template must be utilized to record each team mates weights.
 - * Report TOTAL team weight on the "Biggest Loser" reporting website:
 - * Weeks of August 11th, September 15st, and October 12th

Lessons Learned

- * Please make sure to report you teams weigh-ins timely.
- * The same teammates must be used throughout the competition - No swapping or substitutions!
 - * In the event a team member drops out during the first part of the contest, their original weigh-in weight will be entered as their mid-point and final weight.
 - * If a team member drops out during the second half of the contest, their mid-point weight will be used as their final weight.

Weigh-in Website

Countywide Biggest Loser Beginning Weigh-In Survey



***1. Please enter your department's name below.**

***2. Team Captain and contact information (please use your work information NOT your personal information):**

Name:

Email:

Address:

City, State, Zip:

Work Phone Number:

Weigh-in Website (Cont.)

***3. Please enter the employee numbers of all the participants on the team.**

Participant 1

Participant 2

Participant 3

Participant 4

Participant 5



***4. Team Name:**

(Enter the name selected for your team, i.e. Biggest Loser, Gut Busters, etc.).

***5. Number of Team Members:**

The team must be the same number of team members you started the campaign with.

(Select the number of team members on your team from the drop-down list, 1-15).

Number of Teammates

***6. Total team weight during the week of August 11-August 17, 2014:**

(Enter the total number of pounds your team weighs. Refer to your tracking template).

If a member of your team did not weigh-in or dropped out please include and roll over his/her last weight.

Done



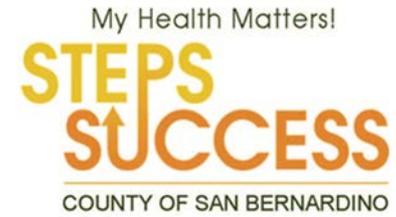
Weekly Webinars



Health Topic Webinar Schedule
Wednesdays 12 noon – 12:45 pm
Beginning August 13, 2014

- * Weekly webinars to help you and your team achieve your fitness goals.
 - * August 13: Set your Health Goal
 - * August 20: Nutrition Basics
 - * August 27: Control Cravings and Portions
 - * September 3: Food Labels Made Easy
 - * September 10: Weight-loss Basics
 - * September 17: Keep the Weight Off
 - * September 24: Fitness Basics
 - * October 1: Move More at Work
 - * October 8: Stress Less Basics
 - * October 15: Prevention Basics

Steps to Success

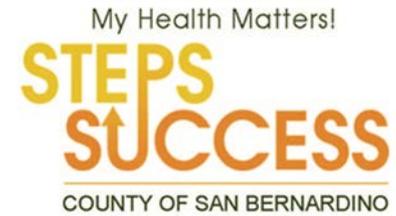


* Steps to Success – Program

- * Website: <https://www.healthycommunity.ca/sbhr/Employee/Default.aspx>
 - * Registration Code COSB
- * Track your steps
- * Monthly challenges
- * Rewards for milestones
 - * Receive pedometer once registered
 - * 300K – Water Bottle
 - * 500K – STS Towel
 - * 700K – Spa kit
 - * 1.8 mill – Exercise Stability Ball
 - * 3 mill – Fitness kit
 - * 4 mill – MP3 Player
 - * 5 mill – Entered into monthly drawing for a \$50 reward card



Steps to Success



- * Steps to Success – Challenges
- * Complete a Steps to Success Challenge – Earn a **FitBit**
- * FitBits can now be earned year round, not just during a Wellness Campaign



Steps to Success Website

My Health Matters!

STEPS to SUCCESS

County of San Bernardino
Human Resources



[Home](#) [Profile](#) [My Trackers](#) [Challenge Progress](#) [Join a Team](#) [Testimonials](#) [Motivational Tools](#) [Setup](#) [Help](#)

[Inbox \(44\)](#) / [Welcome Cheryl Thibault](#) / [Logout](#)

MY Steps to Success

Welcome to the Dashboard, your very own page where you can log and track all of your activities in one place!

Newsfeed

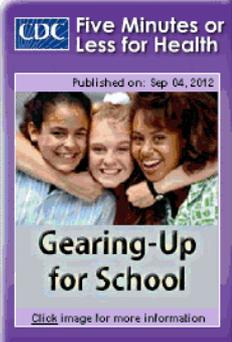
-  You have 10,000 steps to go to reach your goal for today
-  Event [Zumba](#) is starting today.
-  Event [Zumba Class](#) is starting in 2 days.
-  Event [Zumba Class](#) is starting in 9 days.

fitbit

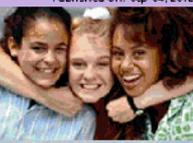
[Click to allow access to your Fitbit activity information](#)

<h4>Count Activities</h4> <p>Enter date: <input type="text"/> <input type="button" value="▶"/></p>	<h4>Count Steps</h4> <p>Enter date: <input type="text"/> <input type="button" value="▶"/></p>	<h4>My Progress</h4> <p>Today's Steps: <input type="text"/></p>
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Five Minutes Or Less For Health



Published on: Sep 04, 2012



Gearing-Up for School

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Contacts



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Wellness Advocates

http://countyline/hr/pdf_documents/Wellness/WellnessAdvocateRoster.pdf