

# Interagency Greatest Loser

## Participating Agencies:

Los Angeles County

Metropolitan Transportation Authority

San Bernardino County



February 2 – April 26, 2015

12—WEEK CAMPAIGN

Initial Weigh-In	Mid-Point Weigh-In	Ending Weigh-Out
Week of February 2-8	Week of March 16-22	Week of April 27– May 3

### CONTEST RULES

- ◆ A team can consist of 1-15 members.
- ◆ Choose a Team Captain.
  - ◇ Must be same scale and same weigh location for each weigh-in.
  - ◇ Teams may decide internally to weigh-in more often to encourage on-going weight loss, but a beginning, mid-point, and ending weight must be recorded.
- ◆ Decide which team member will bring in a scale to be used throughout the campaign
- ◆ Although all "Greatest Loser" contestants initially commit to the entire ten weeks:
  - ◇ 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 (weight was recorded at mid-point), the mid-point weight will be used as their final weight.

### TEAM CAPTAIN ROLE

- ◆ The Team Captain must have access to the internet to enter weigh-in information onto the "Greatest 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.
  - ◇ Report **TOTAL** team weight on the "Greatest Loser" reporting website