



Weigh in - You'll have 1 week flex to organize your team for weigh ins (see below for dates & details)

Weigh in Locations:

Clinton: Border States

Graceville: Bauer Ag

Ortonville: Border States

Teams of 10 (8 or 9 person teams are also accepted)

Entry Fee is \$10.00 per person

Entry fee is due, in cash, at the time you weigh in and paid to your Team Captain

Entry fee will be awarded as cash prizes at the end.

Community Representing:

Name of your Team:

Name of the Team Captain:

(team Captain will collect the Entry Fee, schedule the weigh-in for your team, report the weights & submit the picture of the weights, and be the general contact for the team)

April 9th is the Official start date.

- Teams need to be weighed in no later than April 13th.
- Take a picture of the weight & submit to vicki@ortonvilleeda.com (weights will not be shared on the Facebook page)
- If a team member is pregnant, please have them weigh-in after the baby is born & submit the weight to vicki@ortonvilleeda.com—the rest of the time should weigh in as a group during the start week.

May 7th through the 11th weigh in - for an update!

June 11th - Teams will weigh-in sometime between 6/11 and 6/15.

If at any time of the weigh ins there is a member who cannot make it with the team, they will need to weigh in separately and send (privately) their weight to us so that it can be added to the team's weight.

Weight loss will be based on percentage of weight lost, not pounds so that everyone can compete fairly.

Prize money will depend on the number of participants.

The 2018 Wellness Challenge group page will display the names of all participants (but not team weights)

The second and Final weight percentage lost will be announced.

Business Sponsors can request to join the group at any time also—to be ready to share tips once the Wellness Challenges begins!