

AMAZING AMERICA TEAM WEIGHT LOSS EXPEDITION



October 3rd—December 16th, 2011

Create or join a team of 3-5 and join our Amazing America TEAM Weight Loss Expedition

- Team of 3-5 Members
- Achieve team weight loss of 3% by 10/23 for pedometer drawing & 11/20 for smoothie drawing.
- Maximum of 16% Weight loss for the challenge
- Achieve 8% weight loss as a team to be entered into \$100 per team member prize drawing
- Take Before & After Pictures

FOLLOW THESE DETAILED INSTRUCTIONS TO GET STARTED!

STEP 1: If you are a first time user, you must join the Kentuckiana Metro on the Move first.

- Visit www.khcollaborative.org.
- Click the "Kentuckiana Metro on the Move" logo on the top right of the Home page (see logo above).
- Once on the Kentuckiana Metro on the Move (KMOM) website, click "Join Today!"
- If you agree to the terms of the website, scroll down and click "Agree."
- Complete the user profile. Select your workplace/organization. Click "Save." If you wish to remain anonymous, choose a nickname unrecognizable to others or leave the nickname field open.

STEP 2: Join or organize a TEAM for the Amazing America TEAM Weight Loss Expedition.

- Join a team that already exists.
 - ⇒ Once logged into the KMOM website, click "Workplace Teams" and search "All" teams.
 - ⇒ Find the team of your choice, and click "Join Team."
 - ⇒ Your team captain must join the Amazing America TEAM Weight Loss Expedition for your team to be enrolled.
- Create your own team.
 - ⇒ Once logged into the KMOM website, click "Workplace Teams," and click "Create A Team."
 - ⇒ Complete the "Team " profile with the following:
 - ◇ Type in the name of your team.
 - ◇ You may leave "Choose a Challenge" empty, if you would like this team to compete in future or multiple challenges.
 - ◇ If you would like anyone from your workplace/organization to be able to join your team, select "Public." If not, select "Private" and select a password
 - ◇ Select whether you are a member of the team.
 - ◇ Select whether you would like a message board.

STEP 3: UPDATE YOUR WEIGHT WEEKLY!

- On the home page of the KMOM website, scroll down and in the "Update Your Weight" section, enter the date, current weight, and click "update."
- Be sure to enter your weight weekly to keep your track of your progress on the BMI graph.

STEP 4: Prize Eligibility

- Lose 2% as a team by October 23rd to be entered into a prize drawing for USB pedometers.
- Lose 5% as a team by Nov. 20th to be entered into a prize drawing for Smoothie King gift certificates.
- Lose 8% (not more than 16%) by the end of the challenge to be entered into a \$100/member drawing.
- Your weight must be updated by the day after the above target dates to be eligible for drawings.

***Consult your physician before starting a new exercise or weight loss program.**