

GREAT SPACE GRAVITY TEAM WEIGHT LOSS CHALLENGE



January 9 - March 30, 2012

The Great Space Gravity TEAM Weight Loss Challenge is a fun exploration into healthy living that starts on planet Jupiter, where your team is nearly 2.5 times heavier than on Earth. As your team becomes less gravity challenged, you will visit other planets each with less gravity than the one before. This light and lively challenge will help you drop the pounds while you have fun. Create or join a team of 3 - 5 people in the Great Space Gravity TEAM Weight Loss Challenge. Achieve 6% weight loss as a team to be entered into the grand prize drawing for a \$100 healthy team dinner! Maximum of 16% team weight loss for the challenge.

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 Great Space Gravity TEAM Weight Loss Challenge

- 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 Great Space Gravity TEAM Weight Loss Challenge 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 track of your progress on the BMI graph.

STEP 4: Prize Eligibility!

- Lose 2% as a team by February 3rd to be entered into a prize drawing for USB Pedometers.
- Lose 4% as a team by March 2nd to be entered into a prize drawing for frozen yogurt/smoothie gift cards.
- Lose 6% (not more than 16%) as a team by **March 30th** to be entered into the grand prize drawing for a HEALTHY team dinner!
- Your weight must be updated one day after these TARGET dates to be eligible for drawings.