

**How to be a Scale Back Participant**   
(Anyone 18 and older can join.)

|  |  |
| --- | --- |
| **Start 1.**  Weigh-in with friends, with family, a team you create at work, or a team you create at your church, gym, or anywhere. Anyone can be a “Weigher”.  The “Weigher” will E-Mail just the name of your team and number of participants to ScaleBackSB@gmail.com. **2.** http://www.fairtrasa.com/wp-content/uploads/2012/08/shutterstock_99478112.jpg [http://img0002.popscreencdn.com/101936714_new-converse-all-star-chuck-taylor-canvas-green-ox-1j792.jpg](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=syoqVV1YwToEHM&tbnid=HTZxLjpgL0R4PM:&ved=0CAUQjRw&url=http://www.popscreen.com/p/MTI5ODc2MDY3/Womens-Converse-All-Star-Chuck-Taylor-Canvas-Hi-Top-Shoes-Purple-Gray-&ei=HtCPUdDIIYWm9ASx-IDoCQ&bvm=bv.46340616,d.dmg&psig=AFQjCNHwcfNslke8HJmip2QIbOpxIe3cvA&ust=1368465798264481)http://ec.l.thumbs.canstockphoto.com/canstock10677338.jpg Eat a little less, do a little more, have a little fun. | **Finish**  **1.**  Weigh-out with friends, with family, a team you create at work, or a team you create at your church, gym, or anywhere. Anyone can be a “Weigher”. The “Weigher” will E-Mail just the name of your team and the total number of pounds lost to ScaleBackSB@gmail.com. **2.** http://www.clipartpal.com/_thumbs/pd/holiday/birthday/birthday_balloons.pngCelebrate!!! |