

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

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| **Start1.** 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 toScaleBackSB@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.jpghttp://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 toScaleBackSB@gmail.com.**2.** http://www.clipartpal.com/_thumbs/pd/holiday/birthday/birthday_balloons.pngCelebrate!!! |