

**How to Register  
Official Registration Information**

Send the following information to   
[ScaleBackSB@gmail.com](mailto:ScaleBackSB@gmail.com)

**Register:** E-Mail the following information to [ScaleBackSB@gmail.com](mailto:ScaleBackSB@gmail.com) anytime during the challenge.  
 1. **Name** of your team Example: Buff Bodies 2. **Number** of participants Example: 3 Participants  
 **Finish:** E-Mail the following information to [ScaleBackSB@gmail.com](mailto:ScaleBackSB@gmail.com) at the end of the 10 week challenge between March 30 and April 13, 2014.  
 1. **Name** of your team Example: Buff Bodies  
 2. **Total Number** of pounds lost Example: 18 Pounds  
Name of Weigher (Optional) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
E-Mail (Optional) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

  
 **Unofficial  
Participant Weigh-In/Weight-Out Registration Form**  
**(Keep this form for your PRIVATE records.)**  
 Weigh-in challengers between January 20 – February 2, 2014 or anytime during the challenge.  
Weigh-out challengers between March 31 – April 13, 2014.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Date In | Date Out | Name | Starting Weight | Ending Weight | Weight Lost |
| 1 |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |
|  | Date In | Date Out | Name | Starting Weight | Ending Weight | Weight Lost |
| 11 |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |
| 14 |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |
| 16 |  |  |  |  |  |  |
| 17 |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |
| 19 |  |  |  |  |  |  |
| 20 |  |  |  |  |  |  |
| 21 |  |  |  |  |  |  |
| 22 |  |  |  |  |  |  |
| 23 |  |  |  |  |  |  |
| 24 |  |  |  |  |  |  |
| 25 |  |  |  |  |  |  |
| 26 |  |  |  |  |  |  |
| 27 |  |  |  |  |  |  |
| 28 |  |  |  |  |  |  |
| 29 |  |  |  |  |  |  |
| 30 |  |  |  |  |  |  |