
**How to be a Scale Back Recruiter**

**Tell People about the Challenge!!!**

**1.** Read the information on the Website at: ScaleBackSB.org
**2.** You don’t have to be an expert just enthusiastic.
**3.** Give people an overview of the challenge.
**4.** Give people the Website address. **5.** Walk people through the GOAL CARDS and the WEIGHT LOSS IDEA CHART.
**6.** Sign people up to join.