  
 **How to be a Scale Back “Weigher”**  
(Anyone who is willing to help can be a “Weigher”.)

|  |  |
| --- | --- |
| **Start 1.**  Weigh-in participants.  **2.** [http://ts4.mm.bing.net/th?id=H.4852227335850075&pid=1.7&w=143&h=144&c=7&rs=1](http://www.bing.com/images/search?q=Pencil+photo&qpvt=Pencil+photo&FORM=IGRE#view=detail&id=864C7943D3DE96715B95566E7C7D7A333FD86420&selectedIndex=39)Record the date, name of each participant and their weigh-in weight on an **Unofficial Registration Form** and keep it for your private records.  **3.** [http://ts3.mm.bing.net/th?id=H.4710295867229026&pid=1.7&w=176&h=155&c=7&rs=1](http://www.bing.com/images/search?q=photo+mail+letter&qpvt=photo+mail+letter&FORM=IGRE#view=detail&id=53B22C13723FAF36944E05AE8C3442D287988298&selectedIndex=5)Then, E-mail just the name of your team and the total number of participants you weighed-in to  ScaleBackSB@gmail.com. | **Finish**  **1.** Weigh-out participants.  **2.** [http://ts4.mm.bing.net/th?id=H.4852227335850075&pid=1.7&w=143&h=144&c=7&rs=1](http://www.bing.com/images/search?q=Pencil+photo&qpvt=Pencil+photo&FORM=IGRE#view=detail&id=864C7943D3DE96715B95566E7C7D7A333FD86420&selectedIndex=39)Record the date, name of each participant and their weigh-out weight on an **Unofficial Registration Form** and keep it for your private records.  **3.** [http://ts3.mm.bing.net/th?id=H.4710295867229026&pid=1.7&w=176&h=155&c=7&rs=1](http://www.bing.com/images/search?q=photo+mail+letter&qpvt=photo+mail+letter&FORM=IGRE#view=detail&id=53B22C13723FAF36944E05AE8C3442D287988298&selectedIndex=5)Then, E-mail just the name of your team and the total number of pounds your participants lost to ScaleBackSB@gmail.com. |

  
 **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.  
(Name of your team \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

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| --- | --- | --- | --- | --- | --- | --- |
|  | Date In | Date Out | Name | Starting Weight | Ending Weight | Weight Lost |
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| 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 |  |  |  |  |  |  |
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| 27 |  |  |  |  |  |  |
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| 29 |  |  |  |  |  |  |
| 30 |  |  |  |  |  |  |



**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) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_