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

|  |  |
| --- | --- |
| **Start1.** Weigh-in participants.**2.** http://ts4.mm.bing.net/th?id=H.4852227335850075&pid=1.7&w=143&h=144&c=7&rs=1Record 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=1Then, E-mail just the name of your team and the total number of participants you weighed-into 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=1Record 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=1Then, E-mail just the name of your team and the total number of pounds your participants losttoScaleBackSB@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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

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



**How to Register
Official Registration Information**

Send the following information to
ScaleBackSB@gmail.com

 **Register:** E-Mail the following information to 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 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) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_