

Guidelines for Weigh Down Challenge

1. All participants must register by Wednesday, March 5th. Registration can be done at the Randolph YMCA or at Nautilus Family Fitness. Also, participants can register with their team captain at their respective participating business or organization.
2. All teams are to select a representing team captain who collects registration forms and fees, schedules and oversees weekly weigh-ins, and is responsible for collecting all weigh-in data from their team and submitting to the Weigh Down Committee. Send this data to: tbcoc@randolph.edu weekly.
3. All participants must do their initial and weekly weigh-ins at either a public weigh station or private weigh station. Public weight stations include the Randolph-Asheboro YMCA and Nautilus Family Fitness. Private weight stations include any business or organization that chooses to host a team or teams.
4. For optimum weight loss, set a realistic and healthy weight-loss goal that is between 1 to 3 pounds per week.
5. Make sure that you wear the same or similar lightweight clothing without shoes each time you weigh.
6. Weigh at the same location, on the same day at approximately the same time and with the same set of scales each week to ensure accuracy.
7. All documentation is due by the end-of-the-day Friday for each week.
8. Team and individual successes will be recognized weekly during education sessions as well as posted online and via the newspaper.
9. All weight station workers and team captains must be aware of the Official Weigh-in Guidelines and sign a Confidentially Agreement agreeing not to divulge personal information of Weigh Down participants.
10. All final Weigh Down numbers are to be emailed to the Weigh Down Committee by 5 p.m. on Friday, May 13th.
11. The closing ceremony is scheduled for Tuesday, May 17th at 6 p.m. at RCC. Recognition of all winners, presentation of awards and prizes, and sharing of success stories will take place during this time.