



# Weigh-to-Go Challenge

It's SIMPLE & FUN

2023



## WHO

ALL Employees can participate in Weigh-to-Go at Zero cost to them.



## WHEN

STARTS Sunday, February 5 and ENDS Saturday, May 6



## WHERE

Online <https://challengerunner.com/> or HR4U <https://humanresources.fabianobrothers.com/hc/en-us>



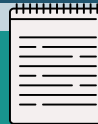
## HOW

Weigh yourself once a week for 13 weeks and enter that weight on our ChallengeRunner site.



## WHY

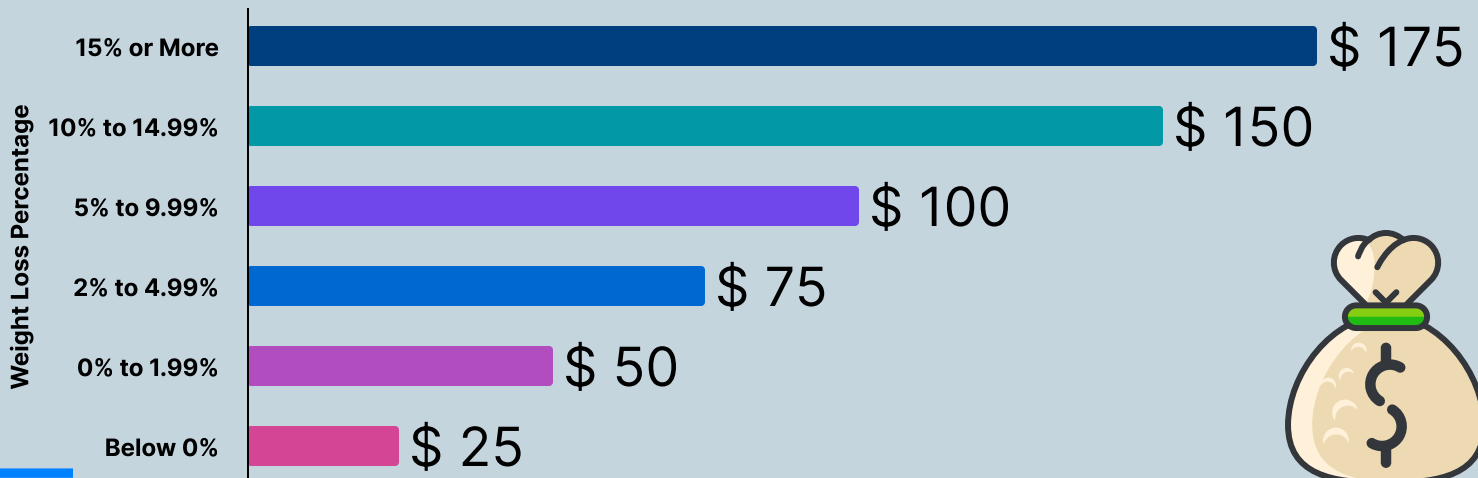
To lose or maintain your weight and live a healthy lifestyle. Participants with the most % weight loss win the most money, but ALL employees win something!



## RULES

Use the same scale each week. Text that weight to the number assigned or enter it on the CR website. You can miss two weekly weights but NOT the first or last week. Participate by contributing fun and informational articles!

You win HIP dollars based on the % of weight lost, but ONLY if you follow all challenge rules.



*Fabiano Brothers*

# Weigh-to-Go Challenge

It's SIMPLE & FUN

Enter your Weight each week. The challenge requires thirteen (13) weekly weights. You can miss only two weeks of Weight entering, but it can't be the first or last week's Weight. If you go three or more weeks without entering your Weight, you may be dropped.

After your profile is set up or verified in ChallengeRunner (CR) by HR, text your weight in numbers.

**Only text digits and nothing else (i.e., 150 or 150.00)**, and you need to include the whole texting number of **1-513-393-8843**. It won't go through if you don't include the 1 in the text number. OR, if you text something like "Sam 150," it won't go through either. **The system connects your Weight based on the phone number you are texting from as long as that number is in your CR profile.**

Or, you can enter your weight on CR by creating & logging into your individual account. If you enter directly into CR, make sure your weight saves!

Or, you can email your weight to [wielsik@fabianobrothers.com](mailto:wielsik@fabianobrothers.com).

WEEK NUMBER	ENTER WEIGHT BETWEEN DATES:	ENTER WEIGHT IN CR	WEIGHT LOG
WEEK 1	February 5 - February 11	Weight Required	
WEEK 2	February 12 - February 18		
WEEK 3	February 19 - February 25		
WEEK 4	February 26 - March 4		
WEEK 5	March 5 - March 11		
WEEK 6	March 12 - March 18		
WEEK 7	March 19 - March 25		
WEEK 8	March 26 - April 1		
WEEK 9	April 2 - April 8		
WEEK 10	April 9 - April 15		
WEEK 11	April 16 - April 22		
WEEK 12	April 23 - April 29		
WEEK 13	April 30 - May 6	Weight Required	