



Weigh-to-Go Challenge

It's SIMPLE & FUN



WHO

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



WHEN

STARTS Sunday, February 4 and ENDS Saturday, May 11



WHERE

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



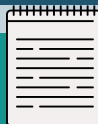
HOW

Weigh yourself once a week until 5/11/24 and enter that weight on our ChallengeRunner site.



WHY

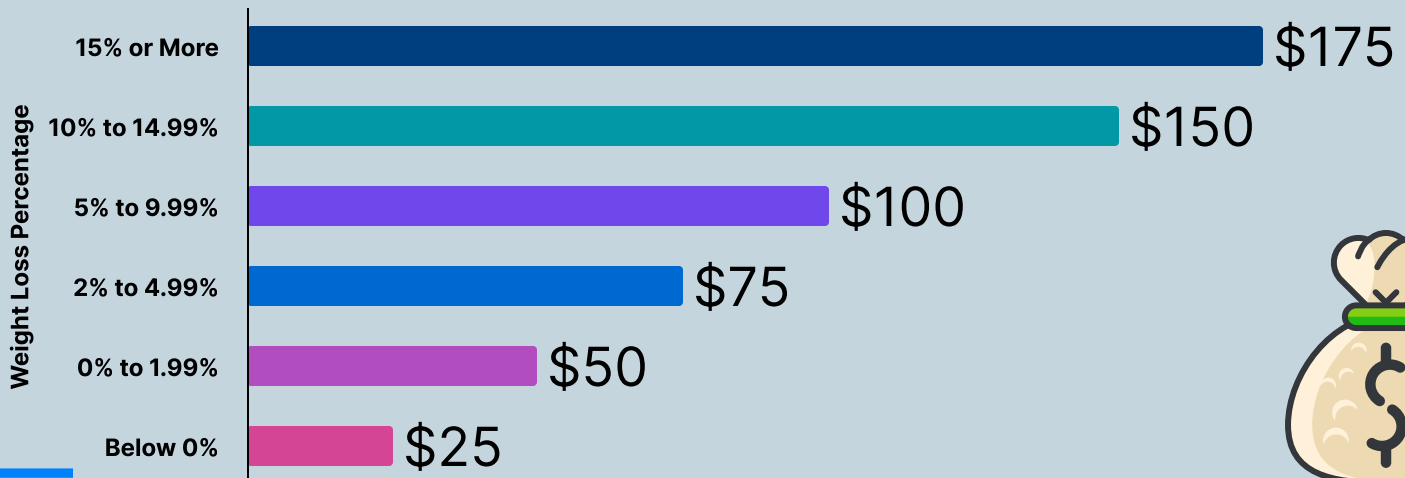
To lose or maintain your weight and live a healthy lifestyle. Participants with the most % weight loss win the most money, but ALL employees win something!



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

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Enter your Weight each week. The challenge requires fourteen (14) weekly weights, but you can miss two weeks if it is not the first or last week. You may be dropped if you go three or more weeks without entering your Weight.

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 wylesik@fabianobrothers.com.

WEEK NUMBER	ENTER WEIGHT BETWEEN DATES:	ENTER WEIGHT IN CR	WEIGHT LOG
WEEK 1	February 4 - February 10	Weight Required	
WEEK 2	February 11 - February 17		
WEEK 3	February 18 - February 24		
WEEK 4	February 25 - March 2		
WEEK 5	March 3 - March 9		
WEEK 6	March 10 - March 16		
WEEK 7	March 17 - March 23		
WEEK 8	March 24 - March 30		
WEEK 9	March 31 - April 6		
WEEK 10	April 7 - April 13		
WEEK 11	April 14 - April 20		
WEEK 12	April 21 - April 27		
WEEK 13	April 28 - May 4		
WEEK 14	May 5 - May 11	Weight Required	