

Weigh-to-Go Challenge

It's SIMPLE & FUN



2025

Sign up by 2/7/2025



WHO

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



WHEN

STARTS Sunday, February 2 and ENDS Saturday, May 17



WHERE

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



HOW

Weigh yourself once a week until 5/17/25 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!

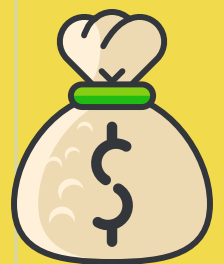
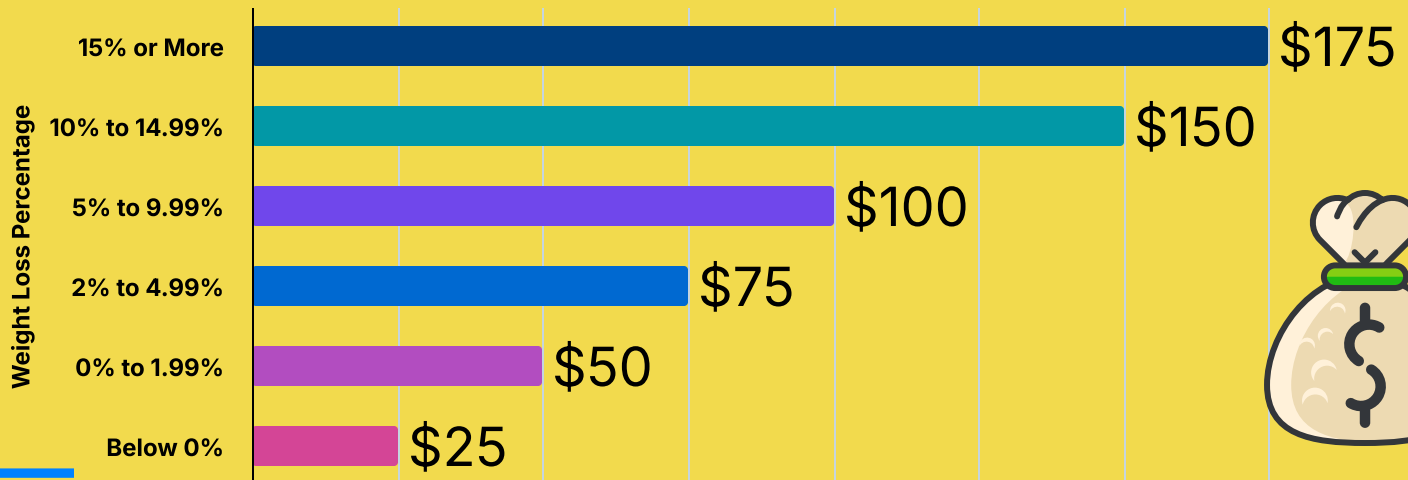


RULES

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.

Have questions? Email hr4u@fabianobrothers.com



2025

It's **SIMPLE & FUN**

Enter your Weight each week. The challenge requires fifteen (15) 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.

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, Only text digits and nothing else (i.e., 150 or 150.00) to the number below, and you need to input the whole texting number in your message. 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.**

1-513-393-8843

Or, you can email your weight to wyelsik@fabianobrothers.com.

WEEK NUMBER	ENTER WEIGHT BETWEEN DATES:	ENTER WEIGHT IN CR	WEIGHT LOG
WEEK 1	February 2 - February 8	Weight Required	
WEEK 2	February 9 - February 15		
WEEK 3	February 16 - February 22		
WEEK 4	February 23 - March 1		
WEEK 5	March 2 - March 8		
WEEK 6	March 9 - March 15		
WEEK 7	March 16 - March 22		
WEEK 8	March 23 - March 29		
WEEK 9	March 30 - April 5		
WEEK 10	April 6 - April 12		
WEEK 11	April 13 - April 19		
WEEK 12	April 20 - April 26		
WEEK 13	April 27 - May 3		
WEEK 14	May 4 - May 10		
WEEK 15	May 11 - May 17	Weight Required	