



2019 Slimdown Team Challenge

New to the 2019 Slimdown Challenge is the “*Team Challenge*”. Get 4 to 6 of your friends/family/coworkers together to compete against other teams for a fabulous prize.

How to Participate in the Team Challenge

1. Find 4-6 members to be part of a team.
2. Fill out the “Slimdown Team Challenge” form and send to Tiffany at tiffany.pernat@forthc.com
3. All members must Sign up/Register for the Slimdown Challenge in the Cerner Wellness Portal.
 4. All members must complete an official weigh-in and weigh-out.
 5. All members must complete each weekly task on time (Mondays at 11:59pm).
 6. Have fun during the 6 weeks and motivate one another!

Rules/Regulations

1. Teams must be made of between 4 and 6 individuals.
2. Participants must be active members in the Slimdown Challenge (Signed up/Registered, and Complete an official weigh-in and weigh-out).
3. All team participants must complete each Slimdown weekly task on time throughout the 6 weeks in order to be eligible for the final prize.
4. The winning team will be based on the *team’s average weight loss percentage*.

Winning Team Prize

\$15 Visa Gift Card for all Winning Team Members

2019 Slimdown Team Challenge Form

Fill out the "Slimdown Team Challenge" form and send to Tiffany at tiffany.pernat@forthc.com

Team Name: _____

	Participant:	Initial that you understand that participants must: 1. Register for the challenge individually 2. Complete an official weigh-in and out individually 3. Complete each of the 6 weekly tasks on time in order to be eligible for prizes
1		
2		
3		
4		
5		
6		

Slimdown Weigh-ins: March 25th-April 8th

Slimdown Weigh-outs: May 20th & 21st