**Holiday Weight Maintenance Challenge**

**Weigh In:** November 17-25, 2015  
Sign-Up Form must submitted by November 30 @ 5pm

**Weigh Out:** January 4 – 8, 2015  
Weigh-Out Form must be submitted by January 12 @ 5pm

**Objective:** Successful participants will maintain or lose body weight from weigh in through weigh out.

**Team Participants:** We invite all cooperatives to join us in this holiday battle of the bulge.

**Cooperative Participants:** Central Alabama encourages family participation. It is up to the discretion of each participating cooperative to either include or not include spouses for this challenge. To keep things uniform we would like to incorporate an adults only policy. Participants need to be at least 18 years old to take part in our challenge.

**Procedure:** Participants weigh in on a work/office scale at some point during the 8 day stretch in November, 2016 (11/17-11/25); at a fixed time range first thing in the morning. Participants weigh in without shoes with the assigned program monitor/manager supervising the weigh in. The weigh out period will range from January 4-8, 2016 under the same circumstances as the weigh in.

**Challenge:** Participating cooperatives must assign a program monitor/manager that is responsible for all data; weigh in, tracking of progress, and weigh out. You must have at least 25 participants to be eligible to win this challenge. Any Coop with less than 25 participants may still participate, however will not be declared a “winner” of the challenge. The winner of this challenge will be judged according to the percentage number of successful participants divided into total participants. A successful participant is one the maintained or lost weight during the challenge. A no-show at weigh-out is considered a gain.

**Team Challenge winner:** This challenge was first enacted at CAEC in 2011. Our goal is to get as many electrical cooperatives participating as possible. We have a “winner’s trophy” that changes ownership to the yearly winner. The cooperative with the highest percentage of successful participants will win the challenge trophy for display at their cooperative until the next challenge is completed. This transfer of ownership will continue every year. In the event of a tie then the award will be given to the cooperative that had a higher number of participating employees or family members.

**How do I get my Cooperative involved?:** Contact Mark Lehmkuhl at mlehmkuhl@coop.caec.com or at (334) 398-1323 and he will fill you in on the details. You will need to have a person designated to lead this challenge at your cooperative. This includes organizing all participants and weighing them in and out in the same manner (shoes or not, belt or not, empty pockets, Etc).