

## LiveWell Vermont "Waist Management" Challenge



The "Waist Management" Challenge is a weight loss by percent challenge, designed to encourage healthy nutrition and exercise habits to help you lose weight in a healthy manner. Adopting healthy habits will help you to feel great and lower your risk of chronic illness.

### How to Sign Up for the Challenge:

1. The challenge task bar will appear at the top of the dashboard when registration has begun. To sign up, click on the 'Sign Up' button.

Challenges

There are active challenges available. Sign up now and get involved!

"Waist Management" Challenge - LiveWell Vermont 12/31/14 - 2/11/15 11:59:59 PM

Registration opens Monday, January 5, 2015. Join us in the LiveWell "Waist Management" Challenge. The challenge begins on Monday, January 19, 2015. Your goals for incentive requirements are to lose 1% of your starting weight and to complete weekly tasks. It's a new year. Now make it a new you! Note: Team names will be visible to ALL challenge participants.

Goal: 1% Lost

Sign Up >>

2. Since this is a "team" challenge, you will either select your team from the dropdown (if it has already been created) or you will create your own team in the text box provided. Upon selecting a team from the dropdown menu, your team member's names will be visible in the text box to ensure you are joining the correct team. **\*We recommend you choose an unique team name. Please note that your individual and team name will be visible to ALL challenge participants.**

"Waist Management" Challenge - LiveWell Vermont

Registration opens Monday, January 5, 2015. Join us in the LiveWell "Waist Management" Challenge. The challenge begins on Monday, January 19, 2015. Your goals for incentive requirements are to lose 1% of your starting weight and to complete weekly tasks. It's a new year. Now make it a new you! Note: Team names will be visible to ALL challenge participants.

**Description:** Join us in our 6-week "Waist Management" Challenge to help you achieve your weight loss goals. Complete tasks each week and lose at least 1% of your starting weight to successfully complete the challenge for incentive requirements.

**Goal:** 1% lost total.

**Start/End:** 12/31/14 - 2/11/15

**Signup Period:** 12/22/14 - 1/6/15

**Concurrent:** Yes - can be taken with other concurrent challenges

**Team Based Challenge**

Select your team: LivingWell

Selected team has no members currently enrolled in this challenge

Create your own team:

- In the text box under "Current Weight", please enter your weight. The "Goal Weight Loss (%)" will be calculated based upon the weight entered here. Then select "Sign Up Now".

Update Your Current Weight:  lbs

**i** Goal Weight Loss (1%): 1.6 lbs

**i** Primary Challenge

Make Primary Challenge

[Sign Up Now](#) [Close](#)

- If your BMI is lower than the accepted value for this campaign, you will not be able to register for this challenge. This is based on medical standards and recommendations. If this message appears, please know that the LiveWell Vermont State Employee Wellness Program will be offering 3 other challenges in 2015 in which you will be able to participate.

**"Waist Management" Challenge - LiveWell Vermont**

---

**Your BMI is lower than the accepted value for this campaign.**

Registration opens Monday, January 5, 2015. Join us in the LiveWell "Waist Management" Challenge. The challenge begins on Monday, January 19, 2015. Your goals for incentive requirements are to lose 1% of your starting weight and to complete weekly tasks. It's a new year. Now make it a new you! Note: Team names will be visible to ALL challenge participants.

**Description:** Join us in our 6-week "Waist Management" Challenge to help you achieve your weight loss goals. Complete tasks each week and lose at least 1% of your starting weight to successfully complete the challenge for incentive requirements.

**Goal:** 1% lost total.

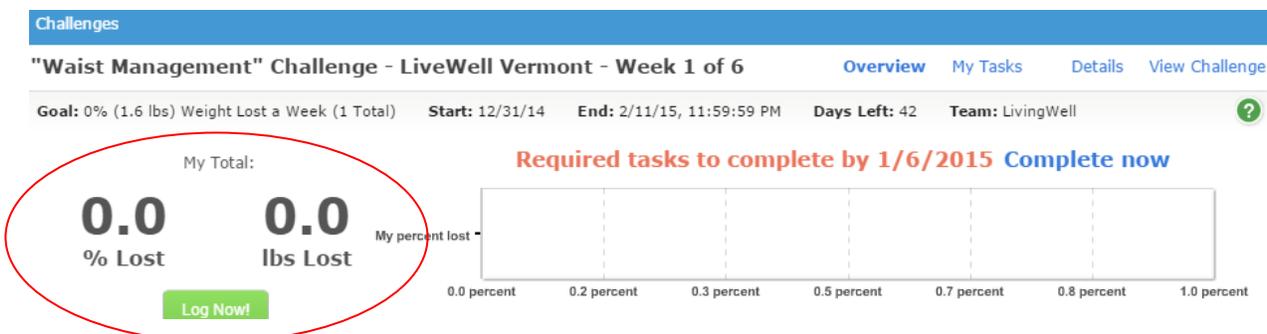
**Start/End:** 12/31/14 - 2/11/15

**Signup Period:** 12/22/14 - 1/6/15

**Concurrent:** Yes - can be taken with other concurrent challenges

**How to Participate:**

- When the challenge begins, the challenge progress bar will appear at the top of the dashboard. Here, the percent of weight loss, as well as the pounds lost will be updated as weight is logged.



- To update the weight log, simply click on 'Log Now!' and you will be directed to the weight log. Here you can enter your weight and click on 'update'. If you need to backlog and select another date, click on the calendar to the right of the date.

- How to complete tasks:** click on the messaging in RED within the challenge progress bar, which alerts you to the 'required tasks to complete'. Complete weekly tasks to be eligible for weekly drawings. Complete tasks each week AND lose 1% of your starting weight by the end of the 6 weeks of the challenge to be eligible for quarterly wellness drawings or cash incentives. Note: new tasks will appear in the progress bar on the same day of the week you registered for the challenge.

**IMPORTANT:** You must log your weight for each week to be eligible for challenge incentives. Weeks run Monday through Sunday. You have until Monday at 11:59 PM to log for the prior week. Be sure to adjust the calendar date to reflect the correct week.

**Week One:** 1/19—1/25

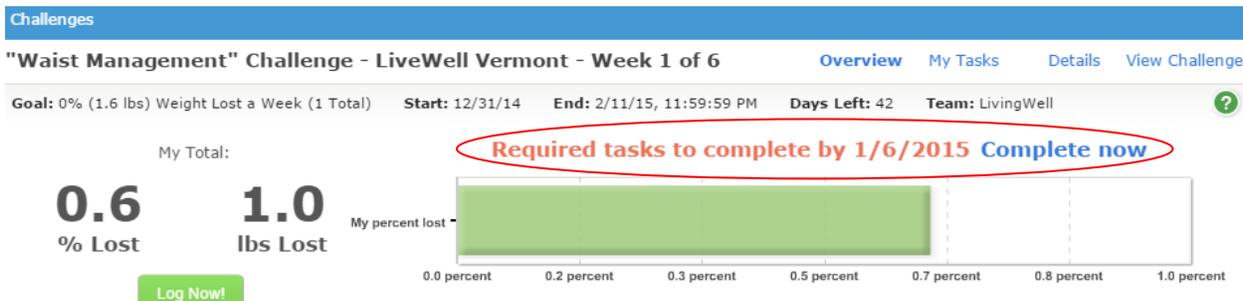
**Week Two:** 1/26—2/1

**Week Three:** 2/2—2/8

**Week Four:** 2/9—2/15

**Week Five:** 2/16—2/22

**Week Six:** 2/23—3/1



- How to check your progress:** Select 'View Challenge' within the challenge bar to see the progress of your team as compared to other participating teams. The 'Comment Board' is also on this page and is a great place to interact with other members participating in the challenge.