



Public Health's
**not a
single
pound**
challenge

NASP Instructions for Participating Organizations

1. Each organization will need to designate one person to register your organization's participation in NASP. This person will serve as the point of contact for your organization that will receive the weekly messages and provide data back to PHDMC. If your organization wants to split into teams, have one representative from each location/department/team register for that specific group. **Please register by sending the following email to getupmc@phdmc.org: Name of organization, specific department/team name, contact person's name, email, and phone number.**
2. The success of this program is contingent upon respect for privacy. Reported weights must be kept confidential. Participants must know that weigh-ins will be conducted privately, and the only person who knows their individual weight is the person conducting the weigh-in.
3. Identify specific dates, times, and locations for your organization to conduct both initial weigh-ins and final weigh-outs. We recommend conducting the weigh-ins **November 13 - November 17, 2017**. Weigh-outs should be done between **January 16 - January 19, 2018**. If your organization is **not** conducting the weigh-ins/outs for employees, you can send the Self-Report Tally Sheet out to your employees. This sheet allows each employee to self-report their information and submit to the organization contact person at the end of the challenge.
4. Download the NASP Organization Spreadsheet to record each participant's name, pre- and post-weight.
5. For the weigh-ins/outs, have participants remove their shoes and bulky clothing and jewelry.
6. At the end of the challenge, please send the completed spreadsheet to getupmc@phdmc.org by Monday, January 22, 2018.

Golden Scale Competition – Once all the organizational spreadsheets have been collected, Public Health will award the organization who had the highest percentage of participants who maintained/lost weight during the challenge. The winner will receive bragging rights for a year and the Golden Scale Trophy!
Tie Breaker – In the event that there is a tie, Public Health will calculate the percent of weight lost per employee and then average those percentages for the whole team. The team with the highest average percentage weight loss will win.

Contact info:

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