Biggest Loser
PANGB Edition 2020

8 Week Weight-Loss Team Challenge!
Biggest Loser - Why?

• Amid the pandemic, something positive & fun!
• COVID-19 restrictions have kept some folks inactive and added unwanted pounds
  • Base Needs Assessment has identified Fitness as primary resource desired
  • Healthy weight requires proper diet and exercise
• Last event similar to this held at PANGB was over a decade ago
• Community & Camaraderie
• Accountability & Motivation
Biggest Loser - Who/How

• 3 People (must be members of PANGB)
  • Register as a complete Team*
  • Or register as an Individual to be assigned to a Team
• Pick a Team Name
• Designate a Team Leader
• Register Online through AFIT by 19 June!

https://einvitations.afit.edu/inv/anim.cfm?i=557995&k=076445007252

*Only one member needs to register complete Teams
What Do They Have To Do? (Not much! 😊)

• Liaison between your Team and Event POC
• Collect your Teammates’ weekly %’s and add up
• Provide Team total % to Event POC by 1000 Fridays during challenge
• Motivate your Teammates!

Be the kind of leader that you would follow.

www.rosalvesteffer.com
Biggest Loser - How it Works

• **Baseline Weigh-In** **Friday 26 June**
  • Each Participant weighs-in (at home) before 0900
  • Record this # (to one-tenth XXX.X )
  • You’ll use this # each week
  • You do NOT need to report this # to anyone!

• **Friday 3 July** (& every Fri for 8 weeks)
  • Each participant weighs-in
  • Report % weight lost * to Team Leader **by 0900**
    (round to one-hundredth XX.XX)
  • Team Leader reports Team total % for that week to Event POC **by 1000**
    Fridays (via email or text)
  • Event POC will try to email out current Team standings by EOD Fridays

*See next slide for conversion*
Biggest Loser - How it Works Cont’d

• Remember you are NOT reporting your actual weight!
• Only report your % weight lost to your Team Leader
• *Here’s the conversion:

\[
\frac{(\text{Baseline Weight} - \text{Current Weight})}{\text{Baseline Weight}} \times 100 = \text{XX.XX%}
\]

To the one-tenth (XXX.X)

Round to nearest one-hundredth

See Example on next slide
Biggest Loser - How it Works Cont’d

Example:

\[
\frac{(200.6 - 194.8)}{200.6} \times 100 = XX.XX% \\
\frac{(5.8)}{200.6} = 0.02891326 \times 100 = 2.89%
\]

Your current weight; will vary (typically) for each weekly Weigh-in

This # stays the SAME each Weigh-In

This is the only number you will report to your Team Leader each Week!
There may be a week where you actually gain, that’s okay! Just get back on track 😊

Here’s what that looks like in how you’d report your %:

\[
\left( \frac{\text{Baseline Weight} - \text{Current Weight}}{\text{Baseline Weight}} \right) \times 100 = \text{XX.XX%}
\]

Example:

\[
\left( \frac{200.6 - 202.3}{200.6} \right) \times 100 = -0.85%
\]

The conversion is the same, only you will report a negative % (-X.XX) if your current weight is more than your Baseline.
• For easy Conversion & Tracking, Event POC will email registrants an Excel spreadsheet (it does all the math for you)!

You just input your current weight for the week!

This is the only number you will report to your Team Leader each Week!

(This is just an example of what the spreadsheet will look like after the 8 week challenge!)
Biggest Loser - Rules

• Use the **same** scale every weigh-in
  • Digital scale - preferable (it’s simpler)

• Stay consistent with what you are wearing (or not wearing) for all weigh-ins!
  • (ie- cannot do baseline weigh-in wearing steel-toed boots, then rest of weigh-ins without)

• **Honor System**
Biggest Loser - Prizes

• Overall Individual Biggest Loser!
  • From ANY team! Which means that even if your teammates aren’t pulling their “weight”.... you can still take home the big win!

• Top 3 Teams

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</thead>
<tbody>
<tr>
<td>Team Sheds A lot (Barrett, Carr, Roscoe)</td>
<td>9.5</td>
<td>11.5</td>
<td>15.0</td>
<td>15.5</td>
<td>17.16</td>
<td>20.14</td>
<td>20.92</td>
<td>23.64</td>
<td>3</td>
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<tr>
<td>The Hungry Winners (Handran, Veliz, Kako)</td>
<td>5.2</td>
<td>4.4</td>
<td>7.4</td>
<td>12.7</td>
<td>11.65</td>
<td>6.22</td>
<td>6.67</td>
<td>7.81</td>
<td>9</td>
</tr>
<tr>
<td>Team Meow (Parent, Yamin, Todd)</td>
<td>7.9</td>
<td>13.5</td>
<td>8.3</td>
<td>15.4 (15.87)</td>
<td>15.81</td>
<td>13.55</td>
<td>15.74</td>
<td>18.00</td>
<td>5</td>
</tr>
<tr>
<td>Forever Flab-U-Less (Nightingale, Wolf, Cole)</td>
<td>8.9</td>
<td>10.4</td>
<td>10.4</td>
<td>10.7</td>
<td>12.97</td>
<td>13.69</td>
<td>14.91</td>
<td>15.26</td>
<td>6</td>
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<tr>
<td>Team CHANGE (Calories Have A Negative Effect) (Evans, Rodocker, Belford)</td>
<td>3.1</td>
<td>4.6</td>
<td>6.6</td>
<td>6.8</td>
<td>8.94</td>
<td>9.36</td>
<td>10.22</td>
<td>9.99</td>
<td>7</td>
</tr>
<tr>
<td>Team Awesome (Riteschell, Weigel, Guille-Hinman)</td>
<td>4.9</td>
<td>9.3</td>
<td>10.7</td>
<td>15.0</td>
<td>17.69</td>
<td>19.74</td>
<td>20.51</td>
<td>23.34</td>
<td>3</td>
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<tr>
<td>2 Legit 2 Quilt (Kurinek, Gering, Moeller)</td>
<td>5.8</td>
<td>9.9</td>
<td>11.9</td>
<td>15.4 (15.35)</td>
<td>16.66</td>
<td>17.66</td>
<td>18.97</td>
<td>20.45</td>
<td>5</td>
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<tr>
<td>Quarter Pounders (Brown, Ditty, Thorp)</td>
<td>4.1</td>
<td>5.9</td>
<td>7.1</td>
<td>8.5</td>
<td>9.99</td>
<td>9.10</td>
<td>9.00</td>
<td>9.30</td>
<td>8</td>
</tr>
<tr>
<td>Fat COW Boys (Stone, Adams, Langelliers)</td>
<td>8.8</td>
<td>7.7</td>
<td>9.2</td>
<td>15.6</td>
<td>16.66</td>
<td>17.57</td>
<td>18.40</td>
<td>18.40</td>
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</tbody>
</table>

**EXAMPLE:**
Winning Team & Overall Individual Biggest Loser!
Biggest Loser - Cost $  

- No Entry Fee Required to Participate!
  - Some experiencing financial hardship due to COVID-19 crisis

- Suggested $10 Donation
  - To go towards prizes
  - Venmo SMSgt Davison with note “BL Donation”

Thank You!!
Biggest Loser - Important Dates

19 June- Last day to register*!

https://einvitations.afit.edu/inv/anim.cfm?i=557995&k=076445007252

23 June- Teammates assigned for those who registered Individually

24 June- Deadline to submit Team Leader & Team Name

26 June- Baseline weigh-in

3 July (& every Fri after)- Report weight loss % to Team Leaders

21 August- Final weigh-in

TBD- Prizes and after-party

* You may need to copy and paste URL into browser
Questions?

Event POC: A1C Susi Traudt
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