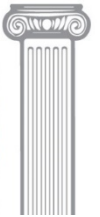# Biggest Loser
PANGB Edition 2020

8 Week Weight-Loss Team Challenge!

COMPREHENSIVE AIRMAN FITNESS
MENTAL • PHYSICAL • SOCIAL • SPIRITUAL

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 <u>and</u> 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

Biggest Loser - Team Leaders

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.ronalvesteffer.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 <u>by 0900</u> (round to one-hundredth XX.XX)
  - Team Leader reports Team total % for that week to Event POC <u>by 1000</u> 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:

To the one-tenth (XXX.X)

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

(subtract)

Divide

Round to nearest one-hundredth

See Example on next slide

Biggest Loser - How it Works Cont'd

Example:

Your <u>current</u> weight; will vary (typically) for each weekly Weigh-in

$$\left[\frac{(\mathbf{200.6} - \mathbf{194.8})}{\mathbf{200.6}} \right] \times 100 = XX.XX\%$$

This # stays the SAME each Weigh-In

This is the <u>only</u> number you will report to your Team Leader each Week!

$$\left[\frac{(5.8)}{200.6} \right] = 0.02891326 \qquad \times 100 = \boxed{2.89\%}$$

Biggest Loser - How it Works Cont'd

- 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 %

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

Example: $\left[\dfrac{(200.6 - 202.3)}{200.6} \right] \times 100 = -0.85\%$

The conversion is the same, only you will report a negative % (-X.XX) if your current weight is more than your Baseline

Biggest Loser - How it Works Cont'd

- 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!

Date	Weight	Wk loss	Tot. lost	Tot % lost	Time Elapsed
26-Jun	200.6				Baseline Weight
3-Jul	197.1	3.5	3.5	1.74%	Week 1
10-Jul	195.6	1.5	5	2.49%	Week 2
17-Jul	196.1	-0.5	4.5	2.24%	Week 3
24-Jul	195	1.1	5.6	2.79%	Week 4
31-Jul	193	2	7.6	3.79%	Week 5
7-Aug	190.2	2.8	10.4	5.18%	Week 6
14-Aug	185.4	4.8	15.2	7.58%	Week 7
21-Aug	182.9	2.5	17.7	8.82%	Week 8 (Final Weight)

(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

TEAM	WK 1 5/11	WK 2 5/18	WK 3 5/25	WK 4 6/1	WK 5 6/8	WK 6 6/15	WK 7 6/22	WK 8 6/29	Current Ranking
Team Sheds-A lot (Garrett, Carr, Pascoe)	9.5	11.5	15.0	15.5	17.16	20.14	20.92	23.64 BP: 11.29	1
The Hungry Winners (Handran, Veliz, Katko)	5.2	4.4	7.4	12.7	12.65	6.22	6.67	7.81	9
Team Meow (Parent, Yamin, Todd)	7.9	13.5	8.3	15.4 (15.37)	15.81	13.95	15.74	18.00	5
Forever Flab-U-Less (Nightingale, Wolf, Cole)	8.9	10.4	10.4	10.7	12.97	13.69	14.91	15.26	6
Team CHANGE (Calories Have A NeGative Effect) (Evans, Rodocker, Belford)	3.1	4.6	6.6	6.8	8.94	8.36	10.22	9.59	7
Team Awesome (Bateschell, Weigel, Guile-Hinman)	4.9	9.3	10.7	15.0	17.65	19.74	20.51	23.34 ZW: 9.89	2
2 Legit 2 Quit (Korinek, Gering, Moeller)	5.8	9.9	11.9	15.4 (15.35)	16.68	17.66	18.97	20.45 SK: 11.36	4
Quarter Pounders (Brown, Ditty, Thorp)	4.1	5.9	7.1	8.5	8.99	9.10	9.00	9.30	8
Fat CoW Boys (Stone, Adams, Langeliers)	8.8	7.7	9.2	15.6	16.66	17.57	18.40	21.46 AS: 12.43	3

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"

Shelly Davison
@Shelly-Davison-3

venmo

Thank You!!

Biggest Loser - Important Dates

19 June- Last day to register*!   *You may need to copy and paste URL into browser*

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

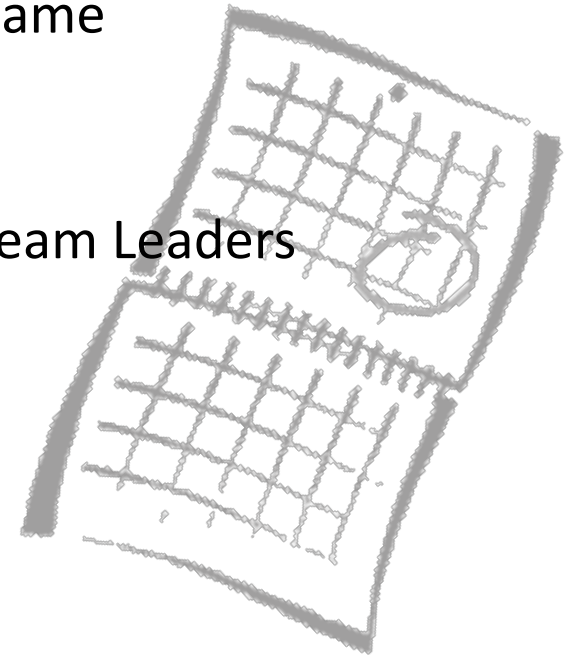**23 June-** Teammates assigned for those who registered Individually

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

Questions?

Event POC: **A1C Susi Traudt**
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