

# MAINTAIN DON'T GAIN

## TEAM CAPTAIN RESPONSIBILITIES

You are responsible for:

Tracking the weekly weight **change** (not weights) of team members every Thursday afternoon.

Reporting the total team weight **change** (not weight) to Amanda.Sigmund@du.edu by Thursday at 4pm each week.

Encourage team members to fill out evaluations at the end of the program.



Tips for increasing team participation:

Organize a team walk during breaks.

Have team members share their favorite healthy holiday recipes.

Recognize team member's small successes along the way.

Record your team members' weekly weight change in these boxes.

Starting Weight		week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8
team member 1		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
team member 2		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
team member 3		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
team member 4		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
team member 5		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
team member 6		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
team weight		Report your weekly TEAM weight change to Amanda.Sigmund@du.edu (1-4932) no later than Thursday at 4pm each week.							
weekly team weight change		+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -