



## Win by Losing Team Captain Role

Thank you for volunteering to be the captain for your team during this round of Win by Losing. There are a few things you're responsible for during these nine weeks.

### **Create your team.**

- Before or during the registration time, recruit your co-workers for your team. Teams must be at least two people. There is no maximum number for a team.
- Decide on a team name — be creative!
- Gather the weight for everyone on your team and add them up to get your team's starting weight.

### **Register your team.**

- When registration opens, go to [bcbsm.com/yourhealth](http://bcbsm.com/yourhealth) and click the green REGISTER NOW button or the REGISTRATION tab.
- Complete the form with your team's information and submit.

### **Submit team weight changes weekly.**

- Gather weight changes from your teammates and determine a team loss or gain for the week.
- Each Friday, go to the Win by Losing website and click the green SUBMIT WEIGHT button.
- Select your team from the drop-down box and enter you email to bring up your team's weight tracking form. Complete the form and submit it.

### **Forward weekly Win by Losing email to your team.**

**If your team wins, coordinate with Win by Losing regarding what will be on your trophy and where to mail it.**