



WEIGHT LOSS

Team Leader

PACKET

COMPETITION OUTLINE

START DATE: _____

INTRODUCED MYSELF TO MY TEAM

END DATE: _____

READ THE COMPETITION RULES

1ST WEIGH IN DATE: _____

FILLED OUT MY TEAM INTAKE FORM

2ND WEIGH IN DATE: _____

EXPLORED THE GROUP PAGE

3RD WEIGH IN DATE: _____

RECORD WEEKLY WORDS (BELOW)

FINAL WEIGH IN DATE: _____

GRADUATION PARTY: _____

NUMBER OF CONTESTANTS _____

INTAKE WORD: # _____

WEEK 1 WORD: # _____

WEEK 2 WORD: # _____

WEEK 3 WORD: # _____

FINAL WORD: # _____

TEAM #1: _____

TEAM LEADER: _____

TEAM #2 _____

TEAM LEADER: _____

TEAM #3 _____

TEAM LEADER: _____

TEAM #4 _____

TEAM LEADER: _____

TEAM #5 _____

TEAM LEADER: _____

GROUP WEIGHT STATS

START: _____ START: _____ START: _____ START: _____ START: _____

WEEK 1: _____ WEEK 1: _____ WEEK 1: _____ WEEK 1: _____ WEEK 1: _____

WEEK 2: _____ WEEK 2: _____ WEEK 2: _____ WEEK 2: _____ WEEK 2: _____

WEEK 3: _____ WEEK 3: _____ WEEK 3: _____ WEEK 3: _____ WEEK 3: _____

FINAL: _____ FINAL: _____ FINAL: _____ FINAL: _____ FINAL: _____

WINNE:: _____ WINNER:: _____ WINNER:: _____ WINNER:: _____ WINNER:: _____

MY TEAM INTAKE STATS

	NAME	START	GOAL
TEAM NAME: _____	_____	_____	_____
	_____	_____	_____
COMBINED STARTING WEIGHT: _____	_____	_____	_____
	_____	_____	_____
COMBINED STARTING BMI: _____	_____	_____	_____
	_____	_____	_____
COMBINED WEEK 1 WEIGHT: _____	_____	_____	_____
	_____	_____	_____
POUNDS LOST: _____	_____	_____	_____
	_____	_____	_____
PERCENTAGE LOST: _____	_____	_____	_____
	_____	_____	_____
COMBINED WEEK 2 WEIGHT: _____	_____	_____	_____
	_____	_____	_____
POUNDS LOST: _____	_____	_____	_____
	_____	_____	_____
PERCENTAGE LOST: _____	_____	_____	_____
	_____	_____	_____
COMBINED WEEK 3 WEIGHT: _____	_____	_____	_____
	_____	_____	_____
POUNDS LOST: _____	_____	_____	_____
	_____	_____	_____
PERCENTAGE LOST: _____	_____	_____	_____
	_____	_____	_____
COMBINED FINAL WEIGHT: _____	_____	_____	_____
	_____	_____	_____

WEEK 1 STATS

TEAM NAME: _____

_____ WEIGHT: _____

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_____ WEIGHT: _____

COMBINED TOTAL WEIGHT: _____

POUNDS LOST: _____

PERCENTAGE LOST: _____

LEAD: _____

WEEK 2 STATS

TEAM NAME: _____

_____ WEIGHT: _____

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_____ WEIGHT: _____

COMBINED TOTAL WEIGHT: _____

POUNDS LOST: _____

PERCENTAGE LOST: _____

LEAD: _____

WEEK 3 STATS

TEAM NAME: _____

_____ WEIGHT: _____

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_____ WEIGHT: _____

COMBINED TOTAL WEIGHT: _____

POUNDS LOST: _____

PERCENTAGE LOST: _____

LEAD: _____

FINAL STATS

TEAM NAME: _____

_____ WEIGHT: _____

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COMBINED TOTAL WEIGHT: _____

POUNDS LOST: _____

PERCENTAGE LOST: _____

LEAD: _____