



No matter where you work--this challenge can help you stay on track for success! This challenge is open to all Regular County Employees regardless of their work location—or work hours/shift.

1. Each participant will receive professional guidance & inspiration via email from our licensed registered dietician, Susan Speer, as well as physical-activity support (via the VCWELLtrek platform).
2. Weigh-Ins:
 - Based on the “Honor System”
 - Weigh yourself and email your Emp name, your Emp number and your *weight* to Susanjspeer@yahoo.com.
 - Weight should be measured to the half pound, (i.e. 154.7)
 - **The body of your email needs ONLY to contain the following information:** (Name: **Patty Positive, 123456, 165.7**) PLEASE DO NOT WRITE THE WORD “WEIGHT” ANYWHERE IN YOUR EMAIL. *The number following your emp # will be enough.*
 - Pre-challenge weight is due to Susan between Fri, 1/25, 8am and Mon, 1/28, BEFORE 5PM.
 - Post-challenge weight is due to Susan between Fri, 4/5, 8am and Mon, 4/8, BEFORE 5PM.
 - Email weigh-ins before or after the posted time window WILL NOT BE ACCEPTED.
 - *Weigh-In Guidelines (for best accuracy)*
 - *Use the same scale for both weigh-ins.*
 - *If possible, weigh yourself without your clothing.*
 - *Weigh yourself in the morning--after the morning bathroom business.*
3. Physical activity revs up your metabolism and supports weight loss--so of course, part of this challenge includes each participant to accumulate an average of 10,000 steps/week. YOU CAN DO IT! By logging your physical activity in the WELLtrek platform you will be able to track your own physical activity.
 - Log in or create an account @ <https://vcwelltrek.walkertracker.com/>.
 - If you had a VCWELLtrek account in the past and it's been over 30 days, your account might have been deleted. Try to log in first—then give us a call so we can verify whether or not your account was deleted.
 - If you have never used VCWELLtrek before—create a new account.
 - To track activity, you can sync *your* activity tracking device to VCWELLtrek (if compatible), or log in your physical activity manually
 - The Activity Converter *will* be activated to allow you to convert your various physical activities into steps.
 - It is recommended that you walk a little every day—and log your activity as you go.
4. Guidance, inspiration and support will be provided by our licensed registered dietician. Each participant will receive a weekly email--full of healthy nutritional & scientifically backed weight loss tips--and a quiz question

relating to those tips. Answer the quiz question each week and be entered into a weekly drawing for health-&-wellness-related prizes!

- Susan Speer will provide relevant information each week.
- Each week you respond to the quiz question (whether you get the right answer or not), we will enter you into a random drawing for a fun, health-related weekly prize!
 - You will be responding with your quiz answer to the Wellness.program@ventura.org
 - To be eligible for the weekly quiz drawings--quiz answers must be received, by the Wellness Program, NO LATER than 10am the morning following the quiz question email.

5. The challenge is over on April 7, 2019. **You must complete your VCWELLtrek activity/step entries by midnight April 9, 2019.**

In addition to the weekly-quiz-prize drawings, EVERYONE who loses weight (any amount) and has accumulated 10,000 steps/week, will be entered into an end-of-challenge “Meltdown” random prize drawing.

To be eligible for the drawing you must be registered for “Resolution Meltdown (and VCWELLtrek Challenge)”, ***and*** have completed both the pre & post weigh-ins (within the time frames mentioned above) ***and*** lost any amount of weight ***an*** have accumulated an average of 10,000 steps/week on the WELLtrek platform (between 1/28 and 4/8). The challenge is over on April 7, 2019. **You must complete your VCWELLtrek activity/step entries by midnight April 9, 2019.**

IMPORTANT: This challenge is not a who-can-lose-the-most-weight competition. It is an opportunity for participants to take a self-paced, personal weight-loss journey through the adoption of healthy behaviors, both through healthy dietary practices and increased physical activity.

REGISTER @ www.ventura.org/registervcwell

When you register, be sure to provide the email address that you use most often. This is the email we will use for the weekly communications.