

- What days/times will people be able to weigh in at Snap Fitness every week?

**Our team will have the schedule available on Wednesday for the 1<sup>st</sup> check in....right now it looks like it will be offered on 2 days every week....2 hours over lunch and 2 hours after work time. Stay tuned for confirmation on that**

- What if I can't make the scheduled check-in dates/times?

**Just call the office or check-in coordinator to arrange for a suitable alternate**

- Our Registration is going to be paid by one person probably by cheque, but not all of us can be there all at the same time. How will that work?

**Not a problem... it can be coordinated and a list of the team member names would help.**

- You say that Program/Facilities will be offered to help us succeed through your partners. Like what? Will there be a special program from Snap Fitness for Memberships just for the course of the Program?

**The City of Selkirk has developed a handout ....If it is completed prior to Wednesday, it will be posted on our website [www.selkirkbiz.ca](http://www.selkirkbiz.ca) . If not, it will be available as a handout on Wednesday. Snap fitness has a special offer...FREE membership to the facility for the 12 weeks and a discount on Personal training packages that include free meal plans. The others have not specified if they have special offerings but don't hesitate to seek them out as they do have relevant products/services that could help. IERHA Mobile Wellness Clinic will be on hand at the 1<sup>st</sup> check-in.**

- I don't want anyone to know my weight or have my pictures shared. What do you share?

**Any information collected is confidential and will not be shared. A closed Facebook group will be created and participants can voluntarily join & share if they choose. If you are part of the winning team, a winner's photo will be taken and shared.**

- Do I have to join a gym?

**No. We have created this contest to motivate and inspire our business community to get healthy. We have members who offer relevant health & wellness products and services for a cost, low cost or free. We leave your strategy up to you but please consult a health care professional before making any changes to your daily routine to find out if it meets your needs.**

- We have a big team. Will this give us an unfair advantage?

**Since our measurements are using percentages, we are only tracking % changed from your original number. Then, it is combined with your team member's percentages. See sample chart below:**

Fitness 50-50 Sample Results Table

Name	Organization	% lost Week x	% lost team Week x	Total % lost	Total Team % lost
Joe	A	-0.18	-0.91	-5.45	-13.78
Ann	A	-0.73		-8.33	
Kim	B	-0.26	-1.18	-3.19	-7.62
John	B	-0.92		-4.43	
Lee	C	0.13	-1.89	-7.6	-17.75
Ed	C	-2.02		-10.15	