How to create a workplace Biggest Loser program

The Biggest Loser has been a huge weight loss motivator for many people. Watching the show may be somewhat inspiring, but actually starting your own Biggest Loser competition within your workplace is a great weight loss resource. Try these tips to get started and pretty soon your co-workers will be referring to you as “The Biggest Loser”!

You must have teams. The first rule of creating an office Biggest Loser competition is to create a team. Having a team to be accountable to is very important. If your workplace is like most, tempting snacks and treats find their way to a central location where people can munch all day long. Having team members, as well as opposing team members watching, keeps your mindless munching at bay. If you are in the competition only for yourself, you will be more likely to indulge. Being accountable to other people is key.

Select a Team Leader. One trusted member of the office should serve as a witness for each weigh-in. Participants should weigh-in at the same time on the same day of each week. The witness can be in charge of recording the results and watching the numbers. This adds another aspect of accountability as each competitor knows that one person will see the actual scale number displayed each week.

Something should be at stake. In addition to having a team each participant should also have to put something up front in order to join the competition. A monetary amount is usually sufficient. Having to pay a flat rate joining fee or weekly dues help keep participants motivated.

Have a set start and end date. People can only get motivated to achieve a goal if they can see the finish line. Establish your program’s begin and end dates prior to the competition. This will specify the length of time for the cycle. Choose the length of time (8 weeks? 12 weeks?) and what day to get started and stick to it!

So go a head and start today. Create your tracking sheet, build a team, select a leader and you could soon be The Biggest Loser!

Tips on how to create a tracking sheet can be found at http://www.ehow.com/how_4840733_calculate-weight-loss-percentage.html