



TEAM-BUILDING TIPS

You're a coach, teammate and cheerleader. Here are some ways to keep your team positive and moving ahead.

- **Celebrate victories great and small**

Go out dancing when you've reached a goal. Plus, publicly pat people on the back for individual achievements.

- **Don't let your teammates down**

Encourage and support when teammates have setbacks—help them get back on track. Lean on each other to succeed.

- **All for one and one for all**

Set team goals like tracking daily activities, reaching a group pedometer total and more.

- **Connect with The Challenge community**

Schedule weekly team weight updates. Remember, our goal is to reach 50 million pounds—so do your part!

- **Make sure everyone's on the same page**

Download and share the Challenge Brochure. It's a convenient resource to always have within reach.

- **Stay in touch and on track**

Hold regular conference calls or online chats. Use the convenient Contacts & Checklist to keep organized.

- **Go surfing with the entire team**

Visit 50millionpounds.com regularly and talk about it as a group. There's great information here, with updates in the blog and throughout.

- **It's all about you**

Submit your story. Tell us about your successful team outings, unique ideas and hilarious anecdotes.

- **Fun, Fun, Fun**

Give Up The Pounds, Not The Fight. But don't lose your sense of humor—have fun with The Challenge.