

# lose weight in 8

CHALLENGE

## Get Started! Sign up for the Lose Weight in 8 Challenge

HealthPartners® [Contact Us](#) | [Log Out](#)

Company Name  
Username  
Password **Go**

[Forgot username?](#)  
[Forgot password?](#)  
[Register for an account](#)

For employers  
HealthPartners opens the door to better  
health, improved productivity and lower costs.  
[Learn more](#)

**1** Go to [healthpartners.com/wellbeing](http://healthpartners.com/wellbeing)  
Returning users can log on by entering company name, username and password. First time users click "Register for an account" and "Go".

### Current activities

Manage activities

> Health Assessment

> Health Coaching

> TrackWell

▼ Wellness Challenges

#### [Go to wellness challenges](#)

Enjoy a little friendly competition while achieving your goals. It's more fun with a team to support you. Make lifestyle changes with trackers that help you reach your goals. After 8 weeks, the team with the most success wins! Track at least once a week for 8 weeks to complete this program.

**2** Click "Wellness Challenges"

**Note:** Your "enrolled" status for the challenge will appear two days after you complete the sign-up process.

### Health

Health Logs

Diet

Meal Planner

Find Healthy Recipes

Add/Analyze Recipes

My Nutritional Needs

Exercise

Exercise Planner

Exercise Examples

Reference

Profile

Goal/Ideal Weight:  lbs

My Goal is...

Gain Weight  1 lb. per week:  2 lbs. per week:

Lose Weight  1 lb. per week:  2 lbs. per week:

Maintain Weight

Activity Level:

Fitness Goal:

E-Mail Address:

Reenter E-Mail Address:

**SAVE MY PROFILE**

**3** Complete and click "Save My Profile."

 HealthPartners®

# lose weight <sup>in</sup> 8

CHALLENGE

There are active challenges available. Sign up now and get involved!

**Lose Weight in 8 Challenge** 12/12/2011 - 2/6/2012 11:59:59 PM

Click on "Signup Now" to learn more and sign up.  
Goal: 8 Lbs Lost

**Signup Now!**

MY DASHBOARD HOME CONTACT US TERMS & CONDITIONS USER GUIDE

Welcome: | LOG OUT

**Health Trackers**  
Cardio Log  
Food Log  
Pedometer Log  
Strength Training Log  
Track My Weight

**Wellness**  
Dashboard  
Progress Report  
Wellness Plan

**Today**  
You worked very hard. Here are your current results:  
Current BMI: 22.7  
Weight: 135 lbs  
Weight change: None  
Goal: 130 lbs  
Target calories: 1808

Water Consumed Today  
Today: 0 Cups

4 Click "Signup Now!"

**LOSE WEIGHT IN 8 CHALLENGE**  
Click on "Signup Now" to learn more and sign up.

**Challenge Information**  
When: 12/12/11 - 2/6/12  
Signup Period: 12/7/11 - 12/18/11  
Goal of the Challenge: 1 lbs lost per week. 8 lbs lost total.

**About the Challenge**  
**Objective:** To see which team can track the most pounds lost.  
**Description:** Lose Weight in 8! Together you and your team can have fun and trim down with a little friendly competition. Simply track your weight weekly [and earn your reward]. The challenge goal is to lose eight pounds in eight weeks. The team who loses the most pounds - on average - wins.

**Team Based Challenge**  
Select your team: [JW Team 2]

**Current Weight**  
Please enter your Current Weight: 135 lbs  
\*This is what your progress in the Challenge is based on.

**Signup Now** Cancel

5 Select your team here  
Use the drop down option to find and select your team.

6 Click "Signup Now."  
This enrolls you into the challenge.

**Lose Weight in 8 Challenge** 12/12/2011 - 2/6/2012 11:59:59 PM

Thank you for signing up. The Challenge begins on December 12, 2011.

Challenge begins on  
12/12/2011

Goal: 8 Lbs Lost Time Left: 3 days before start

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7 Enrollment Verification  
Message will change to "Thank you for signing up." You should also receive an email verifying your enrollment.