



→ Captain Weekly Report Sheet ← November 6 – December 18 (6 week challenge)

Please fill out this form and enter your team's weight each week for the Get Healthy Challenge. The team captain is responsible to get the information to us by 10:00 a.m. every Tuesday.

Team Name _____ (this must be filled out)

Maintain Don't Gain		Initial Weights	1	2	3	4	5	Final	
Name	Phone #	11-6 actual wt. Due by 6pm	11-13 actual wt due by 10a	11-20 actual wt due by 10a	11-27 actual wt due by 10a	12-4 actual wt due by 10a	12-11 actual wt due by 10a	12-18 actual wt due by 10a	Total lost
Team captain									
2									
3									
4									
5									
6									
7									
8									

You can call 947-6611 to report your team's weight, fax this sheet to 947-6788 (Community Health Club of San Angelo) **every Tuesday by 10:00 a.m.** or email it to sherian.briley@triadhospitals.com.