

Team Leader Guidelines

Healthy Active Challenge 2007



Thank you for stepping forward to lead your team to better health and wellness! You're role is very important for the success of Klamath's Healthy Active Challenge. You are the point of contact for your team members; you provide them with encouragement, help them set goals, earn points and celebrate their progress.

This year team leaders will get special attention at our Challenge Launch April 10th @ 5:30 pm or April 11th @ 7:00 pm. at Community Health Center, 2200 N.Eldorado. Come meet others, get tips, enjoy food and have some fun.

Your specific responsibilities include:

1. Recruit participants and have them complete necessary paperwork.
2. Help your team set a weekly goal (ie. number of points) based on what you think team members can achieve. Last year the average number of points was 80 per week. Encourage reasonable goals (not too low, not too high).
3. Instruct team members on how to track points. Points are gained by recording number of fruits & vegetables eaten each day and time spent exercising. Bonus points for Nutrition and Activity will vary from week to week.
4. Collect *Point Counter Forms* from your team members each Monday. Record team totals on *Team Leader Log*. Submit totals each **Monday by 5:00 pm** via:
 - Website at www.healthyactiveklamath.org or
 - Fax Extension at 541-883-4582 or
 - Drop off at Extension Office, 3328 Vandenberg Road.

Teams are eligible for prizes and team recognition.

5. Help promote weekly business sponsored activities. Only registered participants are eligible to attend these activities. Members must show I.D. Card. Direct team members to call businesses to sign up for these activities. Weekly events are sponsored by local businesses/organizations. Challenge organizers are not responsible for content or delivery.
6. Coach team members throughout the Challenge by providing information and encouragement. Think safety first.

Remember Healthy Active Challenge is just that—a Challenge—not a contest. Everyone that tries is a winner. All the information we collect is self-reported so we expect you and your team members to be honest with themselves and others about their progress.

Questions?

- Visit website: www.healthyactiveklamath.org.
- E-mail: mail@healthyactiveklamath.org
- Patty Case, O.S.U. Extension Service, phone: 541-883-7131, e-mail: patty.case@oregonstate.edu
- Jenny Dunham, Event Coordinator, phone: 541-783-2570