



## PARTICIPATION GUIDELINES

- You must be 18 years of age or older and live in Alabama or work for an Alabama based organization.
- You will be able to customize your wellness goals. There are several goals to choose from and losing weight is an option but not required. Scale Back Alabama (SBA) does not recommend weight loss in certain circumstances, such as pregnancy or a Body Mass Index (BMI) of less than 20.
- You must register as an individual. However, we encourage you to form a team to help hold each other accountable and make the weekly challenges more fun. You'll need to track your team's progress on your own as the new website is designed to track individual progress, and the prize drawings will be based on individual achievement.
- Participants must register online at [scalebackalabama.com](https://scalebackalabama.com).  
**Registration extended! The new deadline is April 4, 2021.**
- Participants will be prompted by email to set their Wellness goals by April 5, 2021.
- All participant information will be kept confidential and will not be shared with outside entities. It will only be accessed by SBA program administrators to determine eligibility for prize drawings and to make program improvements.
- To be eligible for the weekly prize drawings, you must complete that week's challenge.
- To be eligible for the wellness prize drawing at the end of the program, you must meet your wellness goal(s) indicated at the beginning of the program. The more times you meet your goal(s), the more chances you have to win.
- Prizes will be in the form of Amazon e-gift cards.