



## FREQUENTLY ASKED QUESTIONS

### What is Scale Back | Give Back?

Scale Back | Give Back is a two-part weight management program designed for LIVESMART participants to lose weight and keep it off.

- **Scale Back** is a 60-day weight loss challenge starting January 21<sup>st</sup>
- **Give Back** is a 6-month continuation with the goal of weight maintenance or continued loss through September 30

At the end of the program, ONI will donate one pound of food for every pound of weight lost and successfully maintained through the end of September 2019.

### What are the dates of the program?

Scale Back registration begins January 14<sup>th</sup>. Initial weigh-ins begin the week of January 21<sup>st</sup>. Scale Back will run from January 21<sup>st</sup> through March 18<sup>th</sup>. Final weights should be submitted by March 24<sup>th</sup> to be eligible for completion prize. If you participate in Give Back, it will continue from March 24<sup>th</sup> through September 30<sup>th</sup> when final weights are due.

### How do I register for the program?

Register online at [www.livesmartoni.com/scalebackgiveback](http://www.livesmartoni.com/scalebackgiveback) or with your LIVESMART Ambassador the week of January 14<sup>th</sup>. Pick up your participant guide and weight tracker card at your locations kick-off event.

### How do I submit my initial and ending weight for the program?

The best and most confidential option for submitting your initial and ending weight to LIVESMART is using your LIVESMART portal found at [www.livesmartoni.com/livesmart-portal](http://www.livesmartoni.com/livesmart-portal). An alternate option is to record your initial and ending weight on your weight tracker, staple shut, and give it to your Ambassador by March 24<sup>th</sup>.

### Do I participate individually or with a team?

You can participate as an individual or with a team up to four. Weights are collected and tracked individually. Use team members for encouragement and support throughout the program.

### Do I have to participate in both parts to get campaign credit?

No. Each part of Scale Back | Give Back counts as 1 campaign credit towards your requirement. If you participate in both parts, you will receive 2 campaign credits towards your requirement.

### Can I still participate if I do not need to lose any weight?

Yes! Those individuals who meet the Platinum criteria for body composition (BMI <25 OR body fat percentage ≤16% for males and ≤21% for females) may maintain their weight from January to September and a donation of 5lbs will be made upon completion. Participants must participate and complete the initial and final weight for Scale Back and the final weight for Give Back to be eligible for the donation.

For questions or additional information, contact LIVESMART:  
[connect@livesmartoni.com](mailto:connect@livesmartoni.com)