

90 Day Challenge Key Information



As you will no doubt be aware we have had to adapt the challenge due to the current situation and we would like to thank you for your understanding.

We do hope to be able to offer you a Wellbeing MOT as soon as guidelines allow but for now we hope the following information is useful.

Submitting your weight



Submit your weight every **Monday by 5pm**

You can do this by replying to our SMS message* with your weight and name or via [email](#). Teams will be deducted points for any weights not submitted by the deadline (you have been warned!). The first deadline for weight submissions is **Monday 25 January 5pm**.

League Table

Your individual weight loss will be calculated and combined with the results of all your team members to give us the average weight loss of your team. This result will dictate your position in the league table. We will publish a new league table every Tuesday on our [website](#).



Q & A sessions

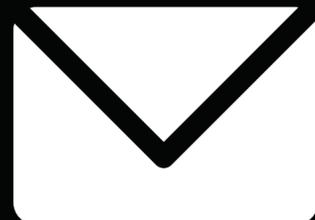
These provide an opportunity for you to ask any questions you may have around healthy eating, weight loss, physical activity or general health and wellbeing. Simply [click here](#) to join the meeting. The sessions will be recorded so you can access it even if you can't make the session.



First session: Wednesday 20 January at 6pm.

Email updates

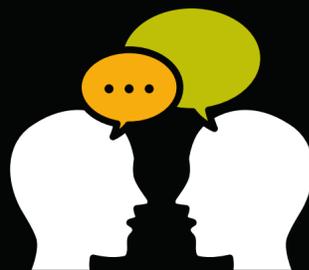
Look out for our weekly newsletter updates via Gov Delivery every Tuesday. They will contain all the latest information about the challenge, relevant links as well as useful tips and resources to help you on your weight-loss journey.



Don't miss out on important information. [Email us](#) to subscribe if you haven't already signed up.

Further support available

We hope that you found your initial appointment useful. For further support on your results or advice on healthy eating, weight loss or general wellbeing you can book more 1-1 sessions with an advisor or as a team. Please contact us on 01403 215111 or [email us](#) if you would like to book an appointment.



Free exercise

Don't forget that the Online Fitness session will be running weekly from the 25th January at 7pm until the end of the challenge. There is still time to sign up, just [email us](#) by the end of next week.

Once you've requested to join please look out for an email with further information. You will need to complete a short health declaration form.

All sessions will be recorded so if you can't make it you can complete it in your own time



Strava Group

Sign up to [Strava](#) and join the 90 Day Challenge group. Record an activity and it goes to your Strava feed and will place you on the leaderboard.

If tracking your activity keeps you motivated then just email us to join.

Facebook Group

Join the private Facebook group and interact with fellow competitors, receive updates and weekly reminders.

Simply [email us](#) with the email address associated to your Facebook account and we will send you an invite.



Let the competition begin! We would like to wish you the best of luck.

Please contact us on 01403 215111 or email wellbeing@horsham.gov.uk if you have any questions

*Standard network charges apply