

Become a 2013 Scale Back Alabama School! Sign up today.



Be a healthy role model for students and take part in Scale Back Alabama. **Take it a step further** and combine school teams to **become a Scale Back Alabama School**. Students are not allowed to participate.

Here are the steps to become a Scale Back Alabama School:

1. **Select a coordinator** for each school.
2. **Recruit school staff** to form a minimum of five school teams of four individuals.
 - More than five teams is encouraged
 - Students cannot participate in the program
 - Friends and family members of school staff, over the age of 18, may participate and be on a school team but there must be at least two school staff members per team
 - Special exceptions will be made to schools with less than 30 total staff members
3. **Sign up for Scale Back Alabama** at www.scalebackalabama.com.

If the school:

Chooses to be a weigh in site, register as a weigh in site on the Scale Back Alabama web site. A follow up email about becoming a Scale Back School will be sent to the coordinator.

- The coordinator can register the school as a public or private weigh in site **

Does not choose to be a weigh in site, the school coordinator can go to www.scalebackalabama.com to find a public weigh in site in the closest or most convenient location. Select the best time for all the school teams to weigh in. Weigh in together if possible.

4. **Sign up to be a Scale Back Alabama School** by filling out the school registration form. Schools will be directed to the school registration form through www.scalebackalabama.com after signing up for Scale Back Alabama. Fill out the online registration form and submit it electronically. Registration forms can also be printed off and faxed to Laurie Eldridge-Auffant at 334-206-5173.
 - All Alabama public and private schools, k-12, are eligible for participation

- Universities and colleges are not eligible to become a Scale Back School but individuals and teams can still take part in Scale Back Alabama
 - Deadline to submit the school registration form is Monday, January 14, 2013.
5. At completion of the Scale Back Alabama program, the school will be entered into a **special school prize drawing**.
- A school can only have one entry in the school prize drawing
 - Individuals and teams losing weight will **also** be entered into the normal Scale Back Alabama drawings for a cash prize
 - At least **five of the school teams must complete the Scale Back Alabama program** and weigh in/out.
 - Weight loss is not required by teams to be a Scale Back Alabama School but it is encouraged

Scale Back Alabama Schools will receive the following:

- The first 75 schools to submit their school registration form online or by fax to Laurie Eldridge-Auffant will receive a **Scale Back Alabama School banner** to hang in the school
- A **certificate of recognition** as a Scale Back Alabama School
- **Recognition** on the Alabama Department of Public Health web site as a Scale Back Alabama School
- Scale Back Alabama Schools where at least five teams complete the program will be **entered into a school prize drawing** for a chance to win:
 - prizes for school nutrition and/or physical education supplies for the students
 - a visit from a Scale Back Alabama representative to talk with students about nutrition and health if requested

** A public site is open to school staff and the general public for weigh in/out. A private site is open only to school staff and invited guests for weigh in/out.

If you have questions, please email Laurie at Laurie.eldridge-auffant@adph.state.al.us or call 334-206-5226.

