

# Kick the COVID-19 Goodbye

January 19 - May 31, 2021 (19 Weeks)

- **Company Sign-up:**
  - \$19 per person for members
  - \$29 per person for non-members
- **Individual Sign-up on NESC Website, \$29**
  - Register online at: [Nesafetycouncil.org/index.php/home/kick-the-covid-19-goodbye](https://Nesafetycouncil.org/index.php/home/kick-the-covid-19-goodbye)
- **Company competition:** The company with the highest average of points per participant wins traveling trophy.



- **Award/Prize/Incentive to Join:**
  - Closed Facebook group with:
    - Weekly Ask a Dietitian Question and Answer
    - Weekly pre-recorded workouts posted
    - Weekly recipes
    - Weekly tips
  - Support from others participating in challenge, encouraged to post your story and struggles, encouraged to share recipes and tips
  - Links to resources posted each week
  - Weekly leaderboard updates for top 10 participants based on points

- Weekly badge sent to each participant that lost at least 1 pound during the week.
  - Participants will receive a coupon code to get a 19% off of all individual coaching sessions during the 19-week program. (normal price is \$65 for 3-20 minutes individual sessions, discounted price = \$52.65)  
[Nesafetycouncil.org/index.php/worksite-services/health-coaching](https://Nesafetycouncil.org/index.php/worksite-services/health-coaching)
- Once signed up for the challenge, ask to join the **Kick the COVID-19 Goodbye NESC Challenge** Facebook group.

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19-Week Weight Loss Challenge

- **Marketing to Companies:**

- Here is a challenge available for your people. Let NESCC do the work.

Week #	Date Range	Activity	Point Amount
Registration	January 4 - January 18	Complete Goal Worksheet and Submit	10 points
Week 1	January 19 - January 25	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 2	January 26 - February 1	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 3	February 2 - February 8	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost / Turn in monthly goal check-in worksheet	1 or 2 points / 3 points
Week 4	February 9 - February 15	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 5	February 16 - February 22	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 6	February 23 - March 1	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 7	March 2 - March 8	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost / Turn in monthly goal check-in worksheet	1 or 2 points / 3 points
Week 8	March 9 - March 15	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 9	March 16 - March 22	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 10	March 23 - March 29	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 11	March 30 - April 5	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost / Turn in monthly goal check-in worksheet	1 or 2 points / 3 points
Week 12	April 6 - April 12	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 13	April 13 - April 19	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 14	April 20 - April 26	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 15	April 27 - May 3	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost / Turn in monthly goal check-in worksheet	3 points
Week 16	May 4 - May 10	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 17	May 11 - May 17	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 18	May 18 - May 24	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost	1 or 2 points
Week 19	May 25 - May 31	Earn 1 point for 1 pound lost, 2 points for 2+ pounds lost / Submit Final Goal Sheet	5 points



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[www.nesafetycouncil.org](http://www.nesafetycouncil.org)