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<http://www.webstix.com>


Instructions for the Team Captain to See Their Team

Please follow the below steps to view your team details:

1. Login. You will see the below screen:

If you are the captain of a **Weight Loss** team, then you will see this screen:

We are in week #3 of Million Pound Challenge.
You joined the Million Pound Challenge during week #1.

<p>Enter Your Current Weight: <input type="text"/> lbs.</p> <p><input type="button" value="Submit"/></p>	<p>Lbs. of Food Pledged: 400 lbs.</p> <hr/> <p>Original Weight: 200 lbs.</p> <p>Target Weight: 160 lbs.</p> <p>Last Weight Loss Reported: 197 lbs. (01/13/2010)</p> <p>Weight Loss: 3 lbs.</p> <hr/> <p>Food Contributed by Me So Far: 10 lbs.</p> <p>Team Name </p> <p>Team Name: Webstix</p>
<p>Food Contributed by Your Team So Far: 127 lbs.</p>	

If you are the captain of an **Exercise** team, then you will see this screen:

We are in week #3 of Million Pound Challenge.
You joined the Million Pound Challenge during week #1.

Please select exercise options for the following week(s).

- 2 days a week (30 min of cardiovascular training.)
- 4 days a week (30 min of cardiovascular training.)
- 3 days of cardiovascular training plus 2 days of strength training a week, (can be the same days)
- Current week

Challenge			
Week	2 Days	4 Days	3 Days
3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>


Team Name: [Webstix](#)


Food Contributed by Your Team So Far: **127 lbs.**


Your Pledge	
Week #	Food Contributed
1	9.5 lbs
2	28.5 lbs
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
Total	38 lbs


Today's Tip
Include strength training 2 times a week.

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 [Weight Loss](#)

 [Exercise](#)

 [Financial Contributions](#)

 [Teams](#)

- Ways to Lose Weight
- Invite Others
- How to Donate
- Second Harvest Foodbank

2. Click on the team name link at the bottom right and it will take you to a page with your team details.