

## **FAQ for PPS members Healthy Weigh Challenge 2025 Autumn Edition**

### **1. Who can join?**

All PPS members and their accountability partners are eligible to join the PPS Healthy Weigh Challenge 2025 Autumn Edition. As a PPS member, you are welcome to invite accountability partners of your choice to join you as you participate in the eight-week programme.

### **2. When can I register?**

You can register from Wednesday, 26 March 2025 until Monday, 21 April 2025 at 23:59.

### **3. What is the joining fee?**

As part of registration, participants are asked to donate R250 to the PPS Foundation to support the sustainable development of young graduate professionals in South Africa.

### **4. How long is the challenge?**

The Healthy Weigh Challenge 2025 Autumn Edition will run from Tuesday, 22 April 2025 to Sunday, 15 June 2025.

- Registration: Wednesday, 26 March- Monday, 21 April 2025
- Launch date: Wednesday, 9 April 2025
- Preparation/practice week: Monday, 14 April – Sunday, 20 April 2025
- Challenge: Tuesday, 22 April – Sunday, 15 June 2025
- Final stats to be submitted: Tuesday, 17 June 2025

### **5. How will body measurements be done?**

Upon successful registration, our wellness partner, Reality Wellness, will share advice on how to accurately take measurements and weigh yourself. You will also be informed on how to submit your readings via the PPS Healthy Weigh Challenge application and via e-mail.

All participants will be responsible for their own weigh-in and weight measurements. Once you have submitted your initial weight measurements, you will be required to log in your progress every two weeks on the PPS Healthy Weigh Challenge application

The PPS Healthy Weigh Challenge team will advise all participants on the PPS Healthy Weigh Challenge application and via e-mail regarding the series of submission dates for all body stats.

Final readings will have to be submitted by Tuesday, 17 June 2025.

### **6. How will I access the meal and movement guidelines?**

All meal plans and movement guidelines will be uploaded on the PPS Healthy Weigh challenge app weekly. These will also be sent via e-mail.

## **7. How can I access the PPS Healthy Weigh Challenge 2025 Autumn Edition application?**

Here is how to get started:

1. Register for the PPS Healthy Weigh Challenge 2025 Autumn Edition here:

<https://pastime.today/register/c37782eb-28f1-46e2-9885-1e9ccffb7e41?theme=pps>

**PLEASE NOTE: If you are not a PPS member, please enter “not applicable” when asked for your member number.**

2. Download the “pastime.today” application from your app store:

IOS:

<https://apps.apple.com/za/app/pastime-today/id6447513519>

HUAWEI:

<https://appgallery.huawei.com/app/C108100729>

ANDROID:

<https://play.google.com/store/apps/details?id=za.co.sfy.pastime&pli=1>

3. Upon successful registration for the PPS Healthy Weigh Challenge 2025 Autumn Edition, you will be sent the link via SMS that will route you to the app. Once you click on the link, you will be routed to a screen that asks for a username and password. The **username** can be **any name you want to be known as on the app**. The **password** is one that **you create**.
4. Once you have completed steps 1-3 above, you will be able to log in to the app which will be active from <insert date>. To log in to the app, you will need your **e-mail address** (that you used to register in step 1), and the **password** (that you just created in step 3).
5. **NB!** If you have been a participant on the app before, you can use your previous username and password to log in. You will not need to complete step 2 and 3.

Please reach out to Lorraine Lear if you have any problems.

Regards,

**Group Executive: Mutuality**

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