

## **FAQ for PPS Healthy Weigh Challenge 2026 Autumn Edition for members**

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

All PPS members and their accountability partners are eligible to join the PPS Healthy Weigh Challenge. 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. Until when can I register?**

You can register until Sunday, 26 April 2026 at 23:59.

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

As part of the registration process, each participant will be asked to make a R250 donation to the PPS Foundation thereby assisting in the foundation's sustainable development of young graduate professionals in South Africa.

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

The PPS Healthy Weigh Challenge 2026 Autumn Edition will run from Monday, 4 May 2026 to Sunday, 28 June 2026

- Launch date: Wednesday, 22 April 2026
- Preparation/practice week: Monday, 27 April 2026 – Sunday, 3 May 2026
- Challenge: Monday, 4 May 2026 – Sunday, 28 June 2026
- Final stats to be submitted: 30 June 2026. Prize-giving ceremony will follow.

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

Upon successful registration, we will share a video on how to accurately measure and weigh yourself. You will also be informed on how to submit your readings via the PPS Healthy Weigh Challenge app and 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 app.

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

Final readings will have to be submitted by 30 June 2026.

## **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 app?**

Here is how to get started:

1. Download the "pastime.today" app 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>

2. You will be sent the link via SMS that will route you to the app once you have registered. The link will route you to a screen that asks for your **username** and **password**. Your **username** can be **any name you want to be known as on the app**. You must create a secure **password**.
3. Once you have completed steps 1 and 2 above, you will be able to log into the app. To log into the app will need your **e-mail address** (that you used to register with) and the **password** you created in step 2.

4. **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 steps 1 and 2.
5. **PLEASE NOTE:** The eight-week challenge will only be visible on the app from 27 April 2026 (i.e., at the start of "practice week")
6. Please reach out to us if you have any problems.

Regards,

**Ayanda Seboni**  
**Group Executive: Mutuality**

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