



# **BANANA BARIATRICS**

## HANDBOOK



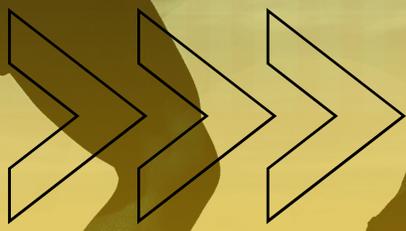
# **TEAMS**

**WE are better as a bunch.**

**CLINICIAN-LED SUPPORT GROUPS**

**LIFELONG CONNECTION**

**EDUCATION**



*Banana Teams* was created with support, connection and friendship in mind. *Teams* is an optional opportunity to have a little competitive fun inside Banana. We have multiple competitive teams with groups up to 4, and 1 non-competitive Just For Fun Team.

Each Season of *Teams* runs over the span of a few months allowing you plenty of time to bond with your fellow teammates and to chase the Leader Board!

There's always an opportunity to come back from behind and take the lead on the Scoreboard!

## **BANANA TEAM SELECTION:**

Prior to placement on a Banana Team, you will need to complete our [Intake Survey](#). This will allow us to make the best pairing for you with a Team.

We know it can be intimidating and scary at first to reach out to people you may not know, but the one thing Banana prides itself on is its positivity, encouragement, and non-judgmental supportive community.

So for all of you introverts (or extroverted introverts), nudge yourself to say hello, chime in, and support your teammates. You may find yourself establishing lifetime friendship(s) that all started with you taking that first step, opening up, and being (safely) vulnerable with your team members.

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## **TEAM LEADERS:**

Each team will have one Team Leader.

Don't worry! There's nothing to be scared about as a Team Leader. As a Team Leader, you are in-charge of:

- Keeping communication flowing on a daily basis with your members via FB Messenger
- Checking into our Banana FB Group daily for important announcements
- Reminding members of upcoming posted support group events and weekly challenges
- Collecting points throughout the week
- Submitting points into our weekly scoresheet every Sunday in the FB group

## **SCORESHEETS:**

To make it easier to keep track of your Team points throughout the week, we've put together a [Weekly Scoresheet](#) that you can download and fill out on-the-go for your Team.

## **SUBMITTING YOUR TEAM POINTS:**

Every Sunday afternoon, the Form to submit your Team's points from that week will be posted in the Facebook Group.

Please try to submit ONE form per week. If you accidentally make a mistake after submission, please re-submit a new form and notify Kate or Janice.

We will manually update your Team with any new members or member substitutions.

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## **Reviewing The Scoreboard**

Once all scoresheets are submitted by all Teams, we will post a drafted version of the Team points for that week.

**Please review the draft and voice any questions or concerns within 24 hours.**

*This is your opportunity to ensure there are no mistakes from your Team or others.*

**After 24 hours**, the points will be locked in and there will be no editing nor review at the end of the Season.

## **Posting Of The Scoreboard**

Weekly scoresheets and Team challenges will be posted weekly in our Banana Teams Forum on the website.

## **Member Substitutions**

At the end of each month, we will drop a Poll in the Banana FB group if anyone would like to be substituted (i.e: either off a team, or onto a team). This will allow members on a Team to mix and mingle with the other groups throughout the Season and reinvigorate everyone with energy and momentum.

If you would like to be substituted, we will assign you to the next available team with a vacant spot. You can also tell us your preferred team and if they have an available spot, we will try our best to assign you there.

You can substitute up to 3 times in one season (ie: once per month)- if space permits.

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## **CHALLENGES:**

Every Team will have the same weekly challenge to complete.

Challenges run on a weekly basis starting each MONDAY of the week. Therefore, a fresh week will start on a Monday and run through Sunday evening (when scoresheets are due).

Each weekly challenge will be posted on the Private FB Group, will be pinned to the Featured Post section at the top of the Group page, and also on the website under the Banana Teams Forum.

Weekly challenges will fall under the main categories of Nutrition, Movement, Mindfulness, and Team Building.

## **SUPPORT GROUPS:**

Banana offers 1 Live support group per week. Some weeks contain two.

As a fun way to help you connect with others and to learn from bariatric clinicians, you will receive points for attending support groups Live. Please review our [Community Guidelines](#) prior to attending your first Support Group.

If you can't make it during our Live Support Group session - no biggie! You'll always be able to catch the Replay on the website (and can still earn points for your team by doing so).

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## **POINT SYSTEM:**

### WEEKLY CHALLENGES

- 10 points if every member of your team completes the weekly challenge
- 1 point for posting a picture or comment in the FB group of you participating in that week's challenge

### SUPPORT GROUP CALLS:

- 5 points for each member who attends a support group LIVE
- 2 points for each member who catches the replay of a support group call AND posts a comment on the Replay page.

### BEING A HOST:

- 15 points for each team member who offers to HOST their own support group

### GUEST SPEAKER SPOTLIGHT:

- 15 points for connecting your surgical team with Banana for a Guest Speaker spotlight.
- 15 points for connecting Banana with any health & wellness, fitness, or mindset coach for a Guest Speaker spotlight.

### NEW MEMBERS:

- 25 points for recruiting a new member inside Banana

### CHECKING IN WITH TEAMMATES

- 1 point for reaching out to each of your teammates at least once that week.
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## The Fine Print:

### SUPPORT GROUP CALLS:

- If there are 2 support groups that fall within the same challenge week, attendance points will be cumulative. *(Ie: If Dianna attended Coach Jeff's Monday Split and Gail's Friday Night Fun, she would earn 10 points in support group attendance for her team).*
- You must stay for > 50% of the call in order to receive attendance points.

### BEING A HOST:

- As a host, you are not eligible for attendance points at your own event. *(Ie: Stacy would earn 15 points for her team – and not 20 – for hosting her monthly Women Supporting Women support group).*

### GUEST SPEAKER SPOTLIGHT:

- Points will be applied once the support group is finalized & scheduled on the calendar (regardless of which Season the event is scheduled within).
- Please send a warm email introduction to Kate at: [info@bananabariatrics.com](mailto:info@bananabariatrics.com).

### NEW MEMBERS:

- We love growing our Banana family! Your +25 points will be eligible for your team once the new member stays past the 2-week trial period.
  - You can direct prospective members to our website: [bananabariatrics.com](http://bananabariatrics.com)
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## **COME-BACK CHALLENGE:**

We understand that sometimes life gets in the way, and you may lose a grip on your momentum throughout the Season. To keep the momentum going, Teams who are not in first (1st) place will have the chance to catch up through a Come-Back Challenge. This will only be held for one week each month.

Points will be as follows:

- 5 points when you write a testimonial for Banana Bariatrics
- 10 points when you record a short video about how it feels to be on the inside of Banana (or according to that particular week's video prompt)
- 2 points when you share the URL for Banana, and/or post about Banana on another FB/ Instagram/ or social media group, etc.
  - Each unique share = 2 points

## **Feeling generous?**

If you're on the 1st place Team, you can still participate in the Come-Back Challenge and DONATE your points to one or more teams as you'd like! Simply drop a comment on the Facebook Post letting us know how you'd like to distribute the points you earned.

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## TIPS ON HOW TO BE A SUCCESSFUL TEAM MEMBER:

Firstly, Banana Teams is all about having FUN. At Banana, we encourage you to loosen up on life and to not take things too seriously. We never want you to feel bad for not being able to make a support group Live or to ever feel like you're bogging your team down.

If you ever feel this way, we encourage you to communicate how you're feeling with your team.

It's normal to sometimes feel unsupportive if:

- You're unable to make support groups because the timing of the call is too late and you're already in bed.
- You're on a different time zone and it conflicts with your schedule.
- You keep forgetting to check your email, website, or the Facebook Group for support group reminders.

Whatever the case may be, let your Team know where you're struggling so they can help you troubleshoot some ideas on how they help support and remind you. If you're still struggling, please let Kate know at [info@bananabariatrics.com](mailto:info@bananabariatrics.com), so she can offer you support as well.

If you have a time conflict with one of the Support Groups, we encourage you to offer a better date or time for future scheduling of events. Another consideration is to host a group one night to earn +15 points for your team!

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## HOSTING YOUR OWN SUPPORT GROUP

Here are some ideas on topics or themes for hosting a Support Group:

- Spiritual / religious gathering
- Hobbies (ie: crafting / sewing simultaneously with others)
- Exercise (ie: sunset walk and talk for an hour)
- Netflix night (ie: grab your blanket and watch a TV show or Netflix series)
- "Let it all out" (ie: to just gab without the call being recorded)
- Your own idea!

If you'd like to host a support group, submit a Post inside the private Banana FB Group.

## ASK FOR SUPPORT

If leading a Support Group isn't your cup of tea, you can still make an impact on your Team's weekly points. Try your best to complete the weekly challenge, catch a Replay (+ post a comment on the page), and/or drop a photo in the FB Group of you working on the challenge for that week. These points add up! Again, if you're struggling to stay on track, ask for help! Let your team members troubleshoot some ways to be there for you and to have your back.

Don't forget to take advantage of the Come-Back Challenges when they pop up! Your Team can really make up some points in doing so.

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## SCOREBOARD:

At the end of the Season, the winning Banana Team will receive BANANA TROPHIES and lifelong bragging rights! You can even start a collector's wall and add your trophie(s) as you complete each Season of Banana Teams!

Trophies will be awarded **to the current members** of the #1 ranked Banana Team at the end of the season.

le: If Nicole was on *The Shimmering Stars* Team for Weeks 1-7, but substituted out on Week 8, and *The Shimmering Stars* Team ended up winning the Season, Nicole would not receive a Banana Trophy.

REMINDER: Never feel disheartened along the way of where your Team ranks on the Scoreboard. Season 1 was a perfect example of how incredible come-backs can happen- *right at the end!* So don't give up and keep working hard! You'll always have an opportunity to earn that #1 spot on the board.

REMEMBER: Be sure to enjoy the ride and not take this too seriously. Banana is all about positive, supportive, and encouraging vibes only. This is all about having fun and enjoying the journey as you reach your health goals.

## CONTACT:

If you ever have any questions, concerns, or comments, please email Kate at [info@bananabariatrics.com](mailto:info@bananabariatrics.com).

**Best of luck!**

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