

BIGGEST LOSER WEIGHT LOSS COMPETITION

*Surely you know that you are God's temple and that God's Spirit lives in you!
For God's temple is holy, and you yourselves are His temple. – 1 Corinthians 3:16-17*

This challenge is based on percentage of weight loss (rounded to the nearest percent), not total pounds lost. We will have teams of two. Individuals will weigh in weekly and the percentage of weight loss will be recorded. The top team weekly will receive a prize. Final prizes at the end of the end of the competition will be awarded to individuals. The winner will be the person with the greatest percentage of weight loss; however, the second and third place participants will also be awarded a cash prize. You will have to work hard for the cash though; no one can simply coast to first, second and third place!

What: Biggest Loser is an eight-week competition aimed at losing weight and being healthy, while having fun at the same time.

Who: Adult men or women (18 years or older). Find a teammate (may be same gender or mixed). If you need a teammate contact Carol Gates.

When: Initial weigh-in is Sunday, January 22 during kickoff; final weigh-out is Sunday, March 18 with weigh-ins every Sunday.

How: Find another person to be on your team, and give yourselves a **Team Name**. Fill out the registration below and turn in to the registration table, the office or the Information Desk with Carol Gates' name on it. A registration table will be in the atrium on January 8, 15 and 22.

There will be a \$10 registration fee which **MUST** be paid during your initial weigh-in.

There will be a weekly weigh-in to monitor weight loss/maintenance and a \$5 fee will apply per any amount of weight gained **OVER 1 lb**, which will need to be placed in an envelope in the health ministry room or the locked box (located in the worship center doors 1 and 6). Weigh-in will be in health ministry room anytime on Sundays. Scale and forms will be in there.

Weigh-ins will be held every Sunday. Each week you must weigh-in between Sunday and the following Monday until 4:30pm. This year there are no "byes", so you must weigh-in each week. If you miss a weigh-in you owe the pot \$5. **NO MAKE UP WEIGH-INS.**

When weighing-in, you must have a witness who signs the form with your weight loss for the week. This witness can be your team partner, family or anyone you're willing to have.

Only weight recorded by the official scale with a witness will be recognized. All shoes, jackets, pagers, loose change, etc, must be removed for the first weigh-in.

The top team weekly will receive a prize.

First, second and third place individual winners at the end of the competition will receive a cash prize, with 50/30/20 ratio.

All funds (registration, weight gain and weigh-in miss fees) are added to the cash pot to be used for weekly and final prizes.

Each participant will receive a number. A report will be on the internet weekly with the current percentage placement of all participants using your number (no names provided). The weekly rankings of teams will also be posted.

This year there is a 6 month maintenance incentive. At six months from the end date (Sunday, September 16), anyone that keeps the weight off that they initially lost, will receive an incentive prize. The person that has lost the greatest percent of body weight from the initial weigh-in will receive an additional prize.

Discontinuance fee: half of the remaining weeks weight gain fees (Ex: 6 weeks left = \$15). Once you're in, you're in!

Q?s contact Carol Gates, churchnurse@charter.net or 866.9597 x156

Biggest Loser Registration

Team Name _____

Team Members

1 _____ Email _____

2 _____ Email _____

Full Payment included (\$20 per team)

Return this registration to main office or registration desk by January 22.