



TEAM Biggest Loser Contest! - Grand Prize: \$1,000*

Universal Rules:

1. Teams of 3 people or more. **(you do not need to be an active LFC member)**
2. Everyone needs to weigh in on the same scale.
3. The winner will be determined by the highest percent of body weight loss. The calculation will take the person's actual weight (day of initial weigh in) and subtract it from his/her initial weight. Then divide that number by his/her initial (starting) weight. Take that number and multiply it by 100 and you get your weight loss percentage.
4. Average weight loss per person on the team is final number.

$((IW-AW)/IW) * 100 = \text{weight loss percentage}$

So, if I start at 165, and I lose 13 lbs and end up at 152.

That's 165-152 (13 lbs.)

Take 13 lbs. and divide it by my starting weight (165). $13/165 = .078$

Multiply that by 100 and you get 7.87%

Winning team will be the one with the highest average weight loss percentage.



Contest rules: (you do not need to be an active LFC member)

1. "HAVE FUN", Eat Healthy, and Exercise.
2. The first weigh in will be on 9/4/17 anytime between 7a-12p.
3. The final weigh in will be on 10/30/17 anytime between 6a-8p – 8 WEEKS later.
4. Weigh-in's will occur every Monday between 6a-8p.
5. There is a one time \$29.99 registration fee per person which must be paid at sign up.
6. People can join at any time during the first 3 weeks (but the longer he/she waits the harder it will be to win)
7. All monies owing to the pot should be paid during the time of weigh in. (if he/she has a bad week, be prepared break out the spare change)
8. There will be a \$1 weigh in fee per week applied to all contestants.
9. There will be a penalty fee of \$1 applied if your weight stays the same.
10. There will be a penalty fee of \$1 if you miss weighing in.
11. There will be a penalty fee of \$1 added for each pound gained. (i.e. Gain 3 pounds, you owe \$3)
13. One team win the grand prize. Second place team will win the money in the pot-penalty money. (weekly weigh in fee and penalty fees)
14. 8 teams minimum for the \$1000 grand prize; 7 teams and under-grand prize is \$500.

Keeping people involved:

Maybe get a workplace team together? Teams add accountability! Teams of three are mandatory. Having a team to be accountable to is very important. If your workplace is like most, snacks and leftovers find their way to a central location where people can munch all day long. Having team members, as well as opposing team members, watching, really keeps your mindless munching at bay. If you are in the competition only for yourself, you will be much more likely to indulge. Being accountable to other people can really help people stay on track.

The weigh-in is public knowledge. We won't post actual weights, however, whether or not contestants went up or down in weight each week (and how much) will be displayed publicly. This provides yet another aspect of accountability and motivation. A chart will be created to track the weekly progress of each team member, with team totals appearing as well.

See Sarah or any LFC staff member to sign up. 201-651-1010 – sarah@lakesidefitnessclub.com