



Weigh ins will take place on Mondays at 9:00 am or 2:00 pm. Participants must weigh in every Monday in the corporate office fitness center. If you are absent for the Monday weigh in then your weight from the previous week will be listed.

- **Monday, January 25th - 2:00 pm** - Initial weigh in at the corporate office fitness center (located in the lobby of the ground floor) at 2pm. Weekly results will be calculated every following Monday after 2pm.
- **Monday, March 28th - 2:00 pm** - Final weigh in. You must be present for the final weigh in to be eligible for the cash prize.

STEP 1 - Registration

There is a one-time \$10 registration fee which **MUST** be paid prior to the first weigh in. Corporate employees wishing to participate can sign up with Natasha Jewell or Shane Fendlay in recruiting (located on the 4th floor).

- The total registration fees will be evenly divided at the end of the competition to the top male and female weight loss champions. The more participants that enter, the larger the final cash prizes will be!
- Encourage your team members and fellow co-workers to participate!

STEP 2 - Weigh in

This competition encourages healthy weight loss for all participating team members and a great way to kick off the New Year! **Participants must weigh in every Monday morning or afternoon in the designated area with Natasha Jewell.** All information will be tracked **CONFIDENTIALLY**. In addition, participants will be encouraged to track their individual success on their own.

STEP 3 - Calculations

How percentage of body weight lost will be calculated: Participants starting body weight will be documented on the first weigh in (Monday, January 25th).

From there, participant's weight on the second week will be subtracted from their previous week's weight. (Ex: 211 lbs. – 206 lbs. = 5 lbs. lost). The amount of weight lost will be divided by the starting weight. (Ex: $5/211 = .023697$). That number is then multiplied by 100 to receive participant's weight loss percentage. (Ex: $100 \times .023697 = 2.37\%$).

STEP 4 – Win Prize

A cash prize will be awarded to the top male and female finishers at the conclusion of the competition based on total percentage of weight lost.

The link below has a handy weight-loss percentage calculator that does all the work for you if you want to track your own progress during the competition! <https://www.fitwatch.com/calculator/weight-loss-percentage>