

FAB Weight Loss Challenge III

Details

There is a one-time \$15 entrance fee that **MUST** be paid to April Pepperdine by 5 pm on Thursday, May 10, 2012. All of the money collected will be divided between the Top 4 winners.

On May 10th each participant is required to weigh-in on a scale with April or her designated substitute. This is your starting weight. If you would like, a “before” picture can be taken as well. Coyote Windsong and Stephanie Riegle are substitute weigh-in attendants.

Weekly weigh-ins will occur every Thursday. April will be in the Wellness Room from 7:45am-8am for people that want a more private place to weigh in. Otherwise, you are welcome to come to OVPR between 8am-9am and weigh in on the 4th floor of Fleming. You are able to come at any time throughout the day, but being consistent with that time is best because your weight will fluctuate throughout the day/week. Weekly weigh-ins help to keep everyone on track.

If you are unable or choose not to weigh-in on a Thursday, you'll be assessed \$5 each Thursday that you do not weigh-in. If you gain weight at your weigh-in, you will be charged \$1 for every pound gained. You will receive a “one weigh-in free” pass. You will be able to miss one weigh-in without a fee. If you owe money for missing the weigh-in or gaining weight, it is due by the next Thursday - before you weigh-in. Only cash payments are accepted for easy distribution at the end of the challenge. Payments go to April.

The challenge runs for 12 weeks and ends on Thursday, August 2, 2012. Your last weigh-in is your end weight. If you would like, an “after” picture can be taken the last day of the challenge as well.

April will send an email with everyone's pounds lost each week next to your name; this email will only be sent to participants. Each week the person(s) who lose(s) the most weight will get a special ribbon to show their achievement as “biggest loser” that week.

E-mails with helpful tips will be sent throughout the challenge to the group of participants. A group e-mail list is created each challenge so everyone is able to easily communicate to show camaraderie, encourage each other, share advice, and ask questions. A healthy potluck will be held at the end of the challenge on Friday, August 3, 2012 from 12pm-1pm. Everyone is encouraged to bring a healthy dish to pass before announcing the Top 4 winners!