

Fleming Building Weight Challenge

Details

There is a one-time \$15 entrance fee that MUST be paid to April Pepperdine by 5 pm on April 7, 2011. All of the money collected will be divided between the top 4 winners.

On April 7th each participant is required to weigh-in on a scale with April or her designated substitute. This is your starting weight. A “before” picture will be taken as well. Coyote Windsong and Stephanie Riegle are substitute weigh-in attendants.

Weekly weigh-ins will occur every Thursday. You are encouraged to weigh-in between 8am-9am with April Pepperdine in OVPR on the 4th floor of Fleming. You are able to come at a later time in 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. 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, June 30, 2011. Your last weigh-in is your end weight. An “after” picture will be taken the last day of the challenge.

April will send an e-mail to participants only with everyone’s pounds lost each week and the weekly winner will be recognized on the Wellness Board by Friday of each week. Each week the person(s) who lost the most weight will get to wear a special ribbon to show their achievement.

E-mails with helpful tips will be sent throughout the challenge to the group of participants. Although there is not a rule about keeping a food journal, a journal helps you see what you eat in a day and is a valuable tool from which to learn. April suggests you keep a food journal no matter what; she kept her journal online at www.thedailyplate.com.

On July 1st, April will calculate everyone’s percentage of body weight lost and announce the winners.