

Cecil's Biggest Loser 2011

Name: _____ Age: _____ Height: _____

Start Weight _____ Start Blood Pressure _____ Start BMI _____

End Weight _____ Percentage of loss _____ End BMI _____

Personal weight loss goal:

Date	-	+	Weight	BMI	BP	% of Loss
April 10						
April 17						
April 24						
May 1						
May 8						
May 15						
May 22						
May 29						
June 5						
June 12						
June 19						
June 26						
July 3						
July 10						

I have read and understand the requirements for participation in Cecil's Biggest Loser 2011. I understand that all information obtained will be kept confidential and returned to me at the end of the 14 weeks.

Signature: _____ Date: _____

Cecil's Biggest Loser 2011

Contestant Rules

1. This is a FUNdraiser for the church. Each participant is required to pay a \$30.00 non-refundable fee. Five dollars of every \$30.00 collected will be used for administrative fees (i.e. handouts, giveaways, guest lecturers/instructors). The remaining \$25.00 will be divided in half. Fifty percent of what is raised will go to our current expense account. The remaining 50% raised will go to the contest winner.
2. Cecil's Biggest Loser contest is open to the community. You don't have to be a member of Cecil to participate.
3. Individuals are required to weigh in on April 10, 2011 to establish your **base line** for your **initial weight**. A Photo of you and your attire will be taken for our record and to ensure the same attire is used at the conclusion of the contest.
4. Each contestant must weigh in every Sunday between 10:00 am and 10:50 am or immediately following church service. (within 20 minutes of the end of service) When weighing in each contestant is agreeing that they have no additional items on their body (ie ankle weights, excessive change in pockets, body braces etc). We do encourage each contestant to weigh in weekly in the **same attire**.
5. Weigh ins will be conducted by an individual not participating in the contest. Your information will be kept confidential.
6. No Weigh Pass. Each contestant will receive **3 No Weigh Passes** to be used at your own discretion if you chose not to weigh in one week. Use these wisely or don't use them at all.
7. Cecil's Biggest Loser is not promoting or suggesting a particular diet for you. We will provide you with a wide source nutritional and exercise information. It is up to you to choose what works best for you.
8. We are encouraging each contestant to have their blood pressure taken monthly.
9. As with any weight loss/exercise program you are encouraged to consult your **physician** before starting.
10. If you chose to stop participating in the contest, your money is non-refundable.
11. Contest winner will be determined by the **percentage of body weight lost**. In case of a tie the individuals of that tie will be given the option to 1)split the pot 2) put their name in a drawing , whichever name is drawn they will be the winner of the entire pot.