XU BIGGEST LO$ER CONTEST$T

8-WEEK PROGRAM
Beginning week of JANUARY 22, 2013
Ending week of MARCH 18, 2013

Contest rules listed below:

1. Develop a group of 3 members (staff, students, faculty and any combination).

2. Select a captain and team name. E-mail Mrs. La Branch at tmlabran@xula.edu with team information.

3. Previous contestants wishing to participate in the SPRING 2013 Biggest Loser contest must weigh no more than 5 pounds of his/her November 5, 2012 weight. EXCEPTIONS WOULD BE THE SPRING 2012 WINNERS, WHO MUST RETURN AT THEIR WINNING WEIGHT OR LESS Contestants with 2 consecutive wins are not eligible for monetary prize for current semester, but can qualify for other incentives.

4. Captains will be responsible for registering their team members, organizing members for weigh-ins, coaching and distributing health and fitness material. EACH TEAM MEMBER MUST CONTRIBUTE TO TEAMS WEIGHT LOSS

5. Team members will weigh-in together for initial weigh-in.

6. CONTESTANTS ARE TO WEIGH IN EACH WEEK ON INITIAL WEIGH IN DAY, NO EXCEPTIONS.

7. The first weigh-in session begins week of January 22, 2013 and the final weigh-in session ends week of March 18, 2013. Sessions will be held between 9:00 a.m. and 12:30 p.m. in the Counseling and Wellness Center, Bldg. #13, adjacent to freshman residence hall (St. Katherine Drexel).

8. All Biggest Loser contestants should have at least one consultation session with a counselor.

9. Team member will be asked to get health clearance from Health Services or their own physician before continuing XU Biggest Loser contest if Counseling Center staff notes an unsafe weight loss pattern during weekly weigh in sessions.

10. A prize will be awarded to the team losing the largest percentage of weight. Each member will receive a $50.00 gift card; members must all agree on a business of their choice. A $75.00 gift card will be awarded to the individual losing the largest percentage of weight from any team.

My signature indicates that I have read and understand the rules for the XU Biggest Loser Contest.

___________________________________  ________________________________
Print  Signature/Date