

20__Weight Loss Challenge
Begins the week of _____, 20__
Ends the week of _____, 20__

Participant Summary of Rules

1. Each challenge participant pays a nonrefundable prepayment of \$29.00 to enter the weight loss challenge.
2. If the participant gains weight from last recorded weight, they pay \$1.00* per pound gained. (There is not a charge for less than one pound).
3. Each participant is allowed one absence. Additional absences (for any reason), will be charged \$5.00* for each absence.
4. If the participant chooses to drop out, there will be no refund for monies paid in.
5. The challenge will be for 12 weeks.
6. Payout is as follows (you must have a weight loss to collect winnings): 50% will be paid to the person who loses the biggest percentage of their weight. 30% will be paid to the 2nd person to lose the biggest percentage; 20% will be paid to the 3rd person to lose the biggest percentage.
7. Money* collected from gains/absences will be paid to the person with the most inches lost as long as they are not one of the 3 top winners.
8. The biggest loser is determined by the person who loses the biggest percentage of body weight. Therefore, men and women will have the same advantage and will all be combined in one payout pot.
9. All winners will be announced no later than _____.
10. Coaches have the right to dismiss any participant for reasons that may negatively affect the WLC class.
11. Participants must weigh in on the same time and day, same location and same scale as originally started.