

# ASUMH BIGGEST LOSER WEIGHT-LOSS CONTEST

## Contest Rules and Regulations

1. **Parameters.** The contest is based on the percentage of body weight lost. Each individual's starting weight will be recorded on their team's tracking sheet. At each subsequent weigh-in the percentage lost will be calculated using the original starting weight.
2. **Teams.** Teams will consist of two partners. A team may join the contest anytime up to three weeks after the start day. An important component of Biggest Loser competitions is accountability. If your work area is like most, snacks and leftovers find their way to a central location where people can munch all day long. Having your own partner watching, as well as opposing team members, really keeps your mindless munching at bay. If you are in the competition only for yourself, you will be much more likely to indulge. Being accountable to other people is a key to success.
3. **Weigh-Ins.** Everyone weighs in on the same scale at approximately the same time of day for each weigh-in. Shoes, jackets, and heavy objects will be removed for the weigh-in. Participants must wear light clothing. An independent facilitator not participating in the competition will serve as a witness for each weigh-in. Participants should weigh-in at the same basic time on the same day each week. The facilitator will be in charge of recording the results. *Both the initial and final weigh-ins are required for all participants.* If a participant misses one of the intermediate weigh-ins they will be assessed a \$3 fee to be paid within five days of the missed weigh-in. Make-up weigh-ins will not be available for the intermediate weigh-ins. Make-up weigh-ins for the initial and the final weigh-in may be performed by someone other than the primary contest facilitator.
4. **Posting of Results.** After each weigh-in, team rankings will be posted so participants can monitor their progress in relation to other participating teams. No actual weights of any participant will ever be posted.
5. **Fees.** Cash fees will be assessed as follows:
  - a. Registration fee is \$5 per person and is to be paid at initial weigh-in.
  - b. Fees for intermediate weigh-ins are
    - i. \$3 if no weight is lost and

- ii. \$1 for each pound gained over the previous week's weight. For example a weight gain of one pound would equal a \$4 fee (\$3 for not losing and \$1 for the pound gained).
  - iii. If an intermediate weigh-in is missed, there will be a \$3 fee assessed.
  - iv. All fees must be paid within 5 days of the weigh-in or the participant will be dropped from the contest.
6. **Prize:** The winning team will receive the cash funds received from registration and weigh-in fees. The fees will be distributed evenly among the team members. The winning team also has the option to donate the winnings to the Employee Benevolent Fund or a fund of their choice.

**7. Contest Schedule:**

1<sup>st</sup> Weigh-in - Monday, February 3<sup>rd</sup> from 12:00-1:00

2<sup>nd</sup> Weigh-in - Monday, March 3<sup>rd</sup> from 12:00-1:00

3<sup>rd</sup> Weigh-in - Monday, March 31<sup>st</sup> from 12:00-1:00

Final Weigh-in - Monday, April 28<sup>th</sup> from 12:00-1:00

This schedule is subject to revision, but any changes will be announced in a timely manner.