



Biggest Loser Information and Rules

January 9 to March 6



Complete registration form
Download at www.ueastaywell.org

Form Teams of 3 designating a team captain
Team Entry Fee \$15

Weigh in with initial team total weight
Report team amount lost or gained each week
By Friday at 5:00 to tamra.clark-moore@uticak12.org

Winners are the team that has lost the most percentage of weight when the contest ends.

Top 3 teams will win money for prize (amount depends on number of entries)

- 1st place 75% of entry fee money
- 2nd place 15% of entry fee money
- 3rd place 10% of entry fee money

Teams that have reported their weekly +/- weight for the week will be entered into drawings
for prizes.

2 teams per week will win gift certificates.

Challenge yourself and teammates by completing the weekly challenges

Week 1 - Drink at least 8 glasses of water daily.

Week 2 - Eat at least 5 servings of fruits or vegetables daily.

Week 3 - No pop for the week.

Week 4 - No snacking after dinner or do not eat 2 hours before bed.

Week 5 - No fast food for the week.

Week 6 - Exercise at least 3 times a week.

Week 7 - No candy/sweets for the week.

Week 8 - Limit carbohydrate intake to 2 meals.

No medical intervention or dietary supplements

Any questions email tamra.clark-moore@uticak12.org or karrie.koteles@uticak12.org