

Biggest Loser
Week 1
January 20, 2009
Notes

Congratulations~ Teams as of 5:00 on Tuesday lost a total of 1111 pounds! 1 teams
#a\$e yet to report so more weight has lost & ' () * T J + B

Weekly , rating Winners: -' ift .ards in t#e mail/

Calorie Cutters ~ Denise, Francis-Keith, Pamela Pisha, & April Bradley of DeKyser
Jon Oader 1 2resident ~ Janice Demond, Jim Kacmarzyk, & Natalie Martin of Duncan

Weekly weight report ~ Please email me your team name as well in your email. It is easier for me on my tracking system.

If we have another snow day on a Friday, the deadline to be entered in the drawing will be 5:00 the next school day.

If a member of your team is absent and you can't report your team weight, just email me your team's weight as soon as you can. You will just not be entered into the drawing for that week.

How is percentage of weight loss determined?

Amount weight lost/previous weight X 100 = percentage of weight loss

Biggest Loser 2ound for 2ound Challenge 3 4ree, 5ust "ledge
' o to %%%!biggestloser!.om for more details

For every pound you lose during the Pound For Pound Challenge, Pound For Pound will donate 10¢ to Feeding America™ - enough to provide one pound of groceries to a local food bank. \$500,000 maximum donation. \$100,000 guaranteed minimum donation.

Do not participate if you're pregnant or if weight loss is not appropriate for you. Always contact your doctor before starting any weight loss program. Even if some weight loss is appropriate for you, please do not engage in excessive weight loss. The maximum number of pounds that can be pledged and ultimately counted toward the Pound For Pound Challenge donation is capped at two pounds per week from your chosen start date (no earlier than December 15) through the date you report your weight loss. Again, make sure your doctor agrees with your weight loss plan.

Pledges accepted through April 27, 2009. Come back to report your final weight loss between April 1 - May 5, 2009.

What Motivates You?

- An inspirational or funny quote
- An upbeat song
- A new workout
- Your family and friends
- A new recipe
- Sleep
- Being healthy
- Fun

Looking for you to send me any of the above, any informational website, or anything else you think others may benefit from.

Information will be compiled and shared to Challenge contestants and put on the Staywell website sometime during the challenge.

Send information via email tamra.clark-moore@uticak12.org or interschool mail to Tami Moore at Switzer Elementary.