



2020 Biggest Loser Contest Rules

Kick-off Meeting Monday 1/6 6:45 pm

- 6 week weight loss contest starting 1/6 and ending 2/16.
- Contestants can participate as individual or part of a team of 4 (size of team depends on # of registrations).
- All contestants will compete for the most weight loss and % weight loss prizes.
- Teams will compete for the team most point's prize.
- Meal plan guideline provided based on weight watchers point system and/or our sample eating guideline.
- Teams will be formed after the registration period ends. Contestants can request to be on a team with another individual(s).
- Maintain your own folder for logging points and weigh-ins. One folder per team or individual. Each participant has their own workout record to maintain. Folders located in Derick DeAngelo's office.
- **Initial Weigh-In must be recorded any day between 1/2 - 1/5.**
- **Team Name Contest** judged by Dee Skulski. **Deadline for submitting team name is 1/13 7PM.** Winning team gets 5 points.
- **Team Weekly Weigh-Ins** – Thursday pm or Friday am; ask anyone to verify your weight. Weekly weigh-in is one point.
- **Team Activity points.** Each activity is 1 point. Maximum points earned through activities is **12 per week per team.** Max points do not include weigh-in points, bonus class, or contest points. Activities include:
 - Group fitness class
 - Gym workout (minimum 45 minutes)
 - Pickleball
 - Tennis
 - Group Training/Personal Training
- **Team bonus class** will be announced weekly. Each bonus class is 5 points/person.
- **Team Trivia Contest Winner** – Weeks 2, 3 & 4; Winners get 5 points per team.
- **Team Workout Night** – Pick Your Date; Workout provided; 5 points per team.
- **Team Food Contest on January 30th 7 PM.** Each team makes a healthy appetizer or snack. Derick DeAngelo will judge. Team points awarded for 1st place (10 pts.), 2nd place (5 pts.) and 3rd place (3 pts) plus 5 attendance points per person.
- **Team Contest – Monday February 10th 7 PM** points awarded for 1st, 2nd & 3rd place.
- **Final weigh-ins must be recorded between 2/19-2/20.**
- **Big Reveal Party 2/20 7 PM in Front Desk** area – winners announced for individual weight lost, highest % weight loss and team most points. Light refreshments served.