

Biggest Loser Challenge

Rules and Regulations

Team

- Three person teams.
 - o At least one Montezuma County Employees, two can be family members (spouses / domestic partner, child (18 years or older), and grandparents)
- Pick a Team Name
- Designate a Team Leader
 - o Team Leader will be responsible for submitting registration paperwork.
 - o They will be the liaison between your team and the Health and Wellness Committee.
 - o They will schedule check-ins for your team.
 - o Must be a county employee.

Baseline Weigh-In March 15, 2022

- Each Participant will schedule a time to do measurements, weigh-in, and pictures on March 15, 2022.
- Photos will be taken of individuals, front and side. These photos will not be made public.
- Team photos can be taken at time of weigh-in or you can take team photo at another time (within a week of weigh-in) and send it to the Health and Wellness Committee.
- Weights for each three-team members will be added together for a total team weight. Weights will not be made public.

Check-Ins

- Every two weeks each team will do a weigh in with a Wellness Committee Member.
- The Wellness Committee Team will send out a report of the percentage each team has lost (will not share weights, just percentages of weight lost)

$$\left[\frac{(\text{Baseline Weight} - \text{Current Weight})}{\text{Baseline Weight}} \right] \times 100 = \text{XX.XX}\%$$

To the one-tenth (XXX.X)

Round to nearest one-hundredth

Divide

Biggest Loser – Important Dates

- March 1st – Registration Deadline
- March 15th – Baseline Weigh-In
- April 11th – Check-In Weight
- April 25th – Check-In Weight
- May 9th - Check-In Weight
- May 23rd - Check-In Weight
- June 6th – Check-In Weight
- June 20th – Final weight In
- June 27th – Prizes

Biggest Loser Challenge Registration Form

Team Name:

Participant 1 (Team Leader)

Name: _____

Montezuma County Department: _____

Mailing Address: _____

Email Address: _____

Phone Number: _____

Participant 2:

Name: _____

Affiliation (Montezuma County Department or Family Member): _____

Participant 3:

Name: _____

Affiliation (Montezuma County Department or Family Member): _____

Bigger Loser Challenge Terms of Agreement:

1. We fully release Montezuma County and the Health and Wellness Program of any liability for consequences related to my involvement in the Biggest Loser Challenge.
2. We have read and agreed to the Biggest Loser Challenge Rules and Regulations.
3. We will participate in the initial, bi-weekly, and final weigh-ins.
4. We agree to pay a \$30 entry fee at the time of sign up to enter into this challenge.
5. We understand that strenuous exercise and dietary changes may be hazardous for persons who are overweight, have high blood pressure, have diagnosed health problems or have not been regularly participating in an exercise program. I further understand that the Biggest Loser Challenge participants are encouraged to consult their physicians before taking part in this program or before making any dietary and exercise routines.
6. The Health and Wellness Committee are not physicians or medical consultants, they are solely involved to encourage participants to work to be healthy and participate in a fun contest.
7. The Health and Wellness Committee will keep the weights confidential and reserve the right to publish the percentages of pounds lost and take pictures of your team's success story.
8. We agree that all team members are 18 years or older.

Signatures:

Participant 1: _____ Date: _____

Participant 2: _____ Date: _____

Participant 3: _____ Date: _____