

# The Biggest Loser Contest Rules

## Contest length:

November 11 - February 3

Registration Deadline: November 8th

No registrations accepted after the contest start date - **NO EXCEPTIONS!**

## Number of Winners:

There will be one male and one female Grand Prize Winner. All remaining participants who complete the program will be eligible for additional prizes and drawings.

## How to win:

1. Choose any contestant package
2. Complete the following criteria
  - \*Check in 3 times per week
  - \*Weigh in once a week.
  - \*Initial Weigh in and "before picture" on November 11th at goal setting meeting (see 2nd page for more info)
  - \*Complete weekly food journal
  - \*Be the top male or top female to lose the highest % of body weight at final weigh in on February 3rd

\*If there is a tie, win will go to the highest total amount of pounds lost. The same person cannot win the contest more than once unless the weight loss is cumulative .

## What you win:

Prize package worth over \$1500 will be given to the Top Male and Top Female who completes who completes criteria and has the largest % of weight loss. List of prizes will be posted.

There will also be weekly challenges and other prizes awarded throughout.

## Summary

Use the contest to inspire and motivate you for real, permanent changes! Contestants on the TV show never thought they could do it, but with the right tools they were successful. **This contest is intended for people who want to lose weight and will follow all criteria of the contest.** Each participant will be required to attend the Initial Meeting on November 11th in Community Room. We will review the rules of the contest at that time. If you have any questions in the meantime, you can contact: Renee Warzon, Programming Director 414-525-2361

## Contestant Packages

**Very Enthusiastic** - Cost: \$99 - CODE: BLVE

Includes:

1. Receive a workout plan every 4 weeks to do on your own.
  2. Receive weekly food journal feedback
  3. Education on eating/goal setting for long term success
- \*Weekly Weigh-ins must be reported to Renee once a week

**Totally Committed** - Cost \$175

Includes:

1. **Weekly group workout with a trainer and workout plan. Choose one of the following days/times:**

~~Mondays at 5:30 pm-Trainer Matt Fenske CODE-BLTG2 CLOSED (Monday 5:30 pm class geared for beginner level)\*\*~~

~~Mondays at 7:00 pm-Trainer Matt W. CODE-BLTG3 CLOSED~~

~~Tuesdays at 7:15 pm-Trainer Matt F. CODE-BLTG4 CLOSED~~

~~Wednesdays at 8:15 am-Trainer Jeremy CODE: BLTC1 CLOSED~~

~~Wednesdays at 5:30 pm-Trainer Stephanie-CLOSED~~

~~Thursdays at 7:00 pm - Trainer Matt N. CODE-BLTG9 CLOSED~~

~~Thursdays at 7:15 pm-Trainer Tom CODE-BLTG6-CLOSED~~

~~Saturdays at 8:00 am-Trainer Sarah CODE-BLTG7 CLOSED~~

~~Saturdays at 9:00 am-Trainer Matt W. CODE-BLTG8 CLOSED~~

**Choose any 2 classes for a discounted rate of \$270.**

**\*\*LOOKING TO ADD 2 POTENTIAL CLASSES ON TUESDAY NIGHT AT 7:00 PM AND/OR SATURDAYS AT 10:00 AM (IF ENOUGH DEMAND). YOU MUST CONTACT RENEE WARZON AT [RWARZON@PRINCETONCLUB.NET](mailto:RWARZON@PRINCETONCLUB.NET) TO GET ON A LIST FOR THESE CLASSES.**

2. Receive nutritional guidance and food journal feedback
3. Education on eating/goal setting for long term success
4. Each class is a team. Prizes for Top Team at end.

\*\*Any level is welcome into any class but the Monday 5:30p beginner class is specifically for the beginner exerciser who may have fears about joining.

\*Weigh-ins will be done during the group workouts

\*Min. of 5 participants, max of 10 per class

**NOTE!!!** This package is only \$76 more than the Very Enthusiastic Package, however you get a once a week group training with a Personal Trainer for 12 weeks. Choose *twice* a week for better results and an even better deal for only \$270. **THIS IS AN AWESOME DEAL**

**Do-It-Together-Pairs-Plan** Cost \$499/person CODE:BLPP

Plan for 2 people who want to do it together! Includes:

1. 12 one-on-one once per week personal training sessions with a trainer
2. Includes a 15 minute review of personal nutrition each week
3. Includes workout plan
4. Education goal setting for long term success.

\*Weigh-ins will be done by trainer prior to workout

**Definitely Dedicated** Cost \$699 - CODE: BLDD

Single person package includes:

1. 12 one-on-one once per week personal training sessions with a trainer
2. Includes a 15 minute review of personal nutrition each week
3. Includes workout plan
4. Education goal setting for long term success.

\*Weigh-ins will be done by trainer prior to workout

## Instructions for Biggest Loser Sign Up

1. **Register** for your choice of Very Enthusiastic, Totally Committed, or Do-It-Together-Pairs or Definitely Dedicated at the Front Desk (see rules sheet for details) or sign up online at Member Self Service. Please note that there is a limit of 10 people for each Totally Committed class so do not wait to sign up – they fill fast! Registration Deadline is November 8th and there is a late fee after. No exceptions on the late fee. In fairness to all members,  
**NO REGISTRATION ACCEPTED AFTER THE CONTEST START DATE – No exceptions.**
2. **Register for your initial weigh in time. Everyone weighs in on November 11th. Choose a time below and add it to your registration.** Expect it to take up to an hour as we do weigh-ins, pictures, and completely go over rules and goals so everyone understands how the contest works.
  - a. Weights are not announced or ever displayed and you do not weigh in publicly like the show. You will weigh in and we will record your weight, but it will not be announced or shown to anyone else. Only the % of body weight loss will ever be shown to anyone. Weights are taken with shoes off and you are limited to one shirt and one pair of pants/shorts.
  - b. Pictures – wear fitted clothes for pictures both before and after. This makes it easier to see before and after effects. Many people wear the same outfit before and after which is also a great idea.

Up to 30 people are allowed per meeting time.

This makes it easier to get through everyone and allow for questions.

### Monday, November 11th Initial Weigh-In Meetings

Expect the meeting to last up to an hour. It is suggested you show up 20 minutes in advance to the start time to weigh in first. Make sure you register for your time.

**10:00 AM – CODE CLASS1**

**5:00 PM – CODE CLASS2**

**6:30 PM – CODE CLASS3**

**8:00 PM – CODE CLASS4**

3. **Make sure your EMAIL ADDRESS is on the registration form or on your online Member Self Service account.** We need to send you information before and throughout the contest.
4. **All group training classes will start the week of the contest EXCEPT all Monday classes.** Those will start the following Monday (November 18th). Classes that fall on holidays will be rescheduled to a different day to be determined with your trainer when the contest starts.
5. Classes that are missed cannot be made up in other classes. Vacation absences are acceptable and discussed also the first day of the contest.

If you have any questions, please contact Renee Warzon at 414-525-2361 or [rwarzon@princetonclub.net](mailto:rwarzon@princetonclub.net).