

Summit Athletic Club

Ultimate Weight-Loss Challenge -- Official Rules & Info

1. **Participants must be 18 years of age or older and a resident of Washington County.**
2. **Your most recent recorded weight will be subtracted from your starting weight to determine total pounds lost at the end of the challenge.**

You can record your weight between 6:00 am and 9:00pm on the following Weigh In Days:

Initial Weigh-Ins:	March 9th, March 10th
Progress Weigh-Ins:	March 21st, March 28th, April 4th
Final Weigh-In:	April 11th
3. **Weigh-ins must be done in workout clothes (gym shorts, yoga pants, t-shirt, tank top, etc) without shoes and with empty pockets.**
4. **If you are a part of the challenge you will be required to bring the supplied lanyard and clock-in card with you when you use the gym.**

This applies to ALL contestants, even members! The only way we can track and compare your attendance is with the supplied challenge clock-in card. Showing up without your clock-in card & lanyard combo will result in that day not counting towards attendance.
5. **There will be a cash prize for perfect participation! In order to win you must:**
 - Attend the gym EVERY day of the challenge (verified with club Check-Ins)
 - Post a photo to social media from the location you're working out at (every day) with the hash tag **#SummitWeightLossChallenge**
 - Attend 5 classes a week. The instructor of the class you attend will sign your participation sheet found in your packet. If sheet is misplaced or lost it will result in disqualification.
6. **Challenge results may not be used to promote other businesses or products.**
7. **Key fob for 24 hour locations (Sunset and Mall Dr.) is a \$10 NON REFUNDABLE fee (this key fob is only required for access to the 24 hour locations.) If you let anyone into the 24 hour clubs with your key fob you will be disqualified from the challenge and the 30 day membership.**

- 8. Childcare is not included in your free month membership, but is available. See front desk for rates.**
- 9. You will need to provide your own yoga/pilates mat for classes that require it.**
- 10. Current Summit Athletic Club members will not receive a free month or credit towards membership dues if participating in the weight-loss challenge.**