

Ultimate Weight-Loss Challenge Rules

1. **Must be 18 years or older and a resident of Washington County.**
2. **\$25 cash only entry fee. If 5% body weight is lost, all weigh-ins are attended, and finale is attended \$25 entry fee is refunded. Teams will be \$25 per person as well and refund will be given on individual basis.**
3. **Current members will not have a entry fee to participate.**
4. **Your most recent recorded weight will be subtracted from your starting weight to determine total pounds lost at the end of the challenge.**
5. **Weigh-ins must be done in workout clothes without shoes and empty pockets.**
6. **You must bring your assigned barcode and layard every time you use the gym and check in at the front desk.**
7. **Challenge results may not be used to promote other businesses or products.**
8. **Key fob for 24 hour Sunset Blvd location is a \$10 non refundable fee. If you let anyone in with the key fob besides yourself you will be disqualified for 30 day membership and challenge participation.**
9. **Child care is not included but available for a discounted rate.**
10. **(New this year!) Virtual Training included plus complementary T Shirt and Lanyard.**
11. **Must weigh is every week to qualify for prizes. (Can miss only one)**

Ultimate Weight-Loss Challenge Itinerary

March 11th-14th 6:00 am - 9:00 pm

First Weigh-ins -- Record your starting weight and receive your clock-in card

March 15th 5:00 pm - 7:00 pm **Challenge Kick-Off PARTY--**

Come get motivated to start your fitness journey! Also receive your starting packet and sign up for special Weight-loss challenge events. **Important Speakers at 6:00pm!**

March 20th 6:00 am - 9:00 pm

Progress Weigh-in

March 27th 6:00 am - 9:00 pm

Progress Weigh-in

April 3rd 6:00 am - 9:00 pm

Progress Weigh-in

April 10th 6:00 am - 9:00 pm

Progress Weigh-in

April 18th 6:00 am - 9:00 pm

FINAL WEIGH IN! -- You must make this weigh-in to be eligible for prizes!

April 19th 6:00pm -- Finale -- Winners announced and prizes given out.