Morningside’s 5th Annual Biggest Loser Contest

January 4, 2014 - March 8, 2014

RULES

♦ All participants must pay the $10 registration fee in order to qualify to win.

♦ All participants MUST weigh-in in person on Morningside’s scale on January 4 (or at the January 5th make-up weigh date).

♦ All participants MUST be present at the final weigh-in on Saturday, March 8 at 9:00 AM in order to qualify to win.

♦ Each participant will be compared by their weight-loss percentage, not # of pounds.

♦ Throughout the contest there may be a handful of “Biggest Loser Challenges” to help you reach your goals. For each Challenge you attend you will receive .2% bonus at the final weigh-in.

♦ We’re sorry, but NO exceptions will be made if you are unable to attend the “Biggest Loser Challenges”.

ABOUT THE CONTEST

♦ Prizes will be awarded for the top three greatest weight-loss percentages for male and female categories.

♦ Prize amounts will be based on the total # of participants.

♦ Participants should weigh-in every week on a scale at home (or at the grocery store) and send their weight to: laura@morningsidechurch.com or call it in to: 772-335-5166 ext. 131.

♦ Weekly status reports will be sent out so that each participant knows where they stand in relation to other competitors.

♦ Only the weight-loss percentages will be shown to competitors.

♦ The “Biggest Loser Challenges” may be offered at random times during the contest to help you reach your weight-loss goals.

♦ Please complete the “Biggest Loser Challenges” Comment Card to let us know which days/times work best for your schedule. We will try our best to pick times that could work for the majority of the participants.

♦ Mark your calendar for our 5K Race on Saturday, February 22, 2014. Race start time is 7:30. Check-in by 7:00 AM. The cost is $10 and includes a medal for all finishers, refreshments after the race, and prizes along the course! More details to come!