

## Welcome to the Pilgrim Faith Biggest Loser Contest!

We are so happy you are joining us on the journey to get fit this summer! Before we get started, please remember two very important things:

- This is all just for *fun and friendship*. Yes, there are cash prizes and some friendly competition, but never forget that God loves us all, no matter what our BMI is!
- Please make sure you have no medical restrictions before you undertake any diet and/or exercise program.

Now for the rules ...

It's \$20 to play, payable in cash or check to Pilgrim Faith. Winners will be given a check after the Aug. 13 weigh-in. All money is due by the end of the first week, June 10. In fairness to everyone, the contest will be closed after that date.

There will be prizes for first, second and third place. The amount of each prize depends on the number of people playing, so invite your friends and family to join us!

**Contest weigh-ins:** The first and last weigh-ins will be done by a registered nurse. They will be done privately at Pilgrim Faith on June 4 and Aug. 13. She also will do a complimentary blood pressure screening if you wish. These weights are STRICTLY confidential and the nurse is the ONLY person who will see the numbers. If you can't make the weigh-in or you're very anxious about doing it in person, you may email the nurse a photo of your weight on the scale. The email address will be provided to you after registration. All photos must be received by midnight June 4 and again Aug. 13.

**Weekly weigh-ins.** For purposes of the grand prizes, the only weigh-ins that matter are the first and last. However, you have the option of weighing yourself weekly to compete for weekly prizes. To compete for a weekly prize, please send your PERCENTAGE of weight loss to Jacqui Cook at [jkc9020@gmail.com](mailto:jkc9020@gmail.com) by noon on Tuesday of each week. The weekly weigh-ins are optional and on the honor system, so no need to send pictures.

To calculate percentage lost, go to <http://www.calculatorpro.com/calculator/weight-loss-percentage-calculator/>. Just be sure you put in your weight from the previous week where it says "starting weight," not the weight you were June 4, in order to get the percentage lost in just that week.

Along the way, we will be hosting other wellness activities focusing on body, mind and soul. We hope you will join us at some or all of these events. They are open to anyone, so invite your friends, too!!

If you have any questions, please email [office@pilgrimfaith.org](mailto:office@pilgrimfaith.org).