Slim Down Springfield - Weight Loss Competition

1. Always consult your health care professional before making any significant changes to your dietary habits or your physical activity routines.
2. Willamalane Park and Recreation District supports the idea that for long term weight loss is best achieved through a healthy diet and exercise.
3. This competition is intended for anyone who wants to lose at least 12 pounds.
4. Event organizers reserve the right to deny individuals to participate if they feel the person does not need to lose weight (if individual is pregnant, too thin or health history dictates such).
5. No weight loss surgery during the contest or 6 months before the start of the contest. Why? After this amount of time, it is still a competition to continue to lose weight.
6. All correspondence will be made via email. Weekly weigh-in results will also be sent via email. Names of participants will listed along with their weight loss percentage. Please indicate at your first weigh-in if you would like to use a code name or alias on your weigh-in form.
7. No refunds for any reason.
8. The weigh-in locations will use a scale with a 440 pound maximum. For anyone over 440 pounds a second weigh in location will be provided. Simply contact terilyn.jacobs@willamalane.org in advance to make arrangements.
9. Willamalane Park and Recreation District encourages 1 to 2 pounds per week as healthy weight loss.
10. Bob Keefer Center Memberships are valid for the duration of the competition. To get a membership complete the registration form. The membership is free.

The Weigh In

1. Weigh in are private and confidential. We will only share the percentage weight loss and total weight loss of the team or individual. With the exception of the final weigh in results. We will recognize the percentage weight lost for the top three winning teams and top three winning individuals.
2. No disrobing or loading up during weigh-ins.
3. T-shirts, athletic shorts and socks are recommended for weigh-ins. No shoes, belts, watches, wallets, etc. are allowed during weigh-ins. You are required to weigh-in at the final weigh-in wearing basically what you wore to the initial weigh-in. We will make notations like "with shoes" or "with jeans" in our notes. (For example, if you weighed in with shoes at the initial weigh-in, you must weigh in with shoes on the final weigh-in.)
4. No other measurements will be taken except the participant’s weight.

The Competition

1. The competition includes weekly weigh-ins on Tuesdays. Early weigh-ins are permitted. Contact Teri at terilyn.jacobs@willamalane.org to ensure that staff are available and ready to assist.
2. Participants will compete to lose the highest percentage of weight (not the amount of weight lost).
3. Participants will choose their own diet and exercise program (cost of weight loss programs not included).
4. Cash prizes (based on the number of participants) will be disbursed to the top 3 teams and top 3 individuals with the highest percentage weight loss at the end of the competition.
5. Teams will only be eligible to win team prizes at the end of the competition. Individuals will only be eligible to win individual prizes at the end of the competition. Participants may not claim prizes in both categories.

Updated 10/13/2018
6. Weekly prizes will be awarded to the participant with the highest weekly percentage of weight loss. Weekly prizes are awarded, regardless of entry status, to one participant per week.

7. After the initial weigh-in, each individual must weigh in every Tuesday (or earlier) at Willamalane Center. You do not have to weigh in with teammates and weigh-ins are private.

8. A penalty of $1 will be assessed for every pound of gain as of the previous week Recorded Weight Loss (maximum fine for weight gain is $5.). Please refer to the chart below for lb. gained/amount owed. Payments for fines must be paid at your weigh in site.

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<td>Amount Owed</td>
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<td>4.5</td>
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9. There is no penalty if you stay the same.

10. If a weigh-in is missed your previous weight will be recorded for the missed weigh-in and a $1 penalty will be assessed for a missed weigh-in.

11. 3 consecutive missed weigh-ins will lead to a disqualification and removal from the competition.

12. All fines must be paid at the weigh in site. Failure to pay fines will result in a disqualification and removal from the competition.

13. All contestants eligible for the Top 3 Teams and Top 3 Individual prizes must weigh-in on the final weigh-in day. Contact Terilyn.jacobs@willamalane.org with questions or problems.

14. To withdraw from the competition, the participant(s) must give written notice by email to Terilyn.jacobs@willamalane.org before the next weigh-in.

**Participating on a Team?**

1. A team will consist of two individuals. An individual may only register on one team.

2. You need all your team members to remain in the competition and to lose weight to be eligible to win team prizes. If a partner drops out in the first 2 weeks of competition you may request to be removed from team competition and entered into the individual competition. Contact Terilyn.jacobs@willamalane.org to request a change. This will only be allowed within the first 2 weeks.

3. Team member(s) may drop out, but the contestant’s last weigh-in will be reflected in the team’s final calculation. The team may not replace this individual(s).

4. Those under 18 year of age are welcome with parental consent. Team members are not required to live in Springfield.

5. Participants are required to weigh-in on Tuesdays. You do not have to weigh-in with teammates. There are no alternative weigh-in locations.

**Calculations for Teams and Individuals**

1. Team percentages will be calculated by taking the weight of each participant on the team and adding them together. The total will then be compared to the total weight of the team on the next weigh-in to calculate the percentage of body weight lost.

2. Individual percentages will take the weight of each individual and compare it to individual’s next weigh-in to calculate percentage of body weight lost.

3. The formula for all calculations is as follows:

   For example, an individual or team who weighs 250 pounds total and loses 15 pounds total uses the following calculation: 250 pounds - 235 pounds = 15 x 100 = 1,500. 1,500 divided by 250, or the original weight, yields the answer of 6 percent.