

Biggest Loser Couples Contest

2010

Team Trainer: _____

For office only

Official Registration Form

Main Street Gym

Team Name: _____

Team Leader: _____

Team Leader phone #: _____

Team Leader email: _____

This form must be completed, signed and turned in with your entry fee. (one application per contestant)

Please note: Your demographic information, including age, height, weight, body fat, etc. will remain confidential unless otherwise noted by you in this packet. The Biggest Loser prize will be awarded to the team with the greatest percentage weight loss.

First Name: _____ Last Name: _____

Birth date: _____ Age: _____ Female _____ Male _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact Name and phone #: _____

Email: _____

Partner (team member) name: _____

(Any updates and weekly health tips will be sent out via email)

Please list any goals you hope to achieve by the end of this contest (be specific):

AGREEMENT TO PARTICIPATE

Waiver: By signing this form for myself, I understand and agree to absolve and hold harmless Main Street Gym for any harm, loss or inconvenience in any of the activities associated with this event.

Signature: _____ Date: _____

Witness: _____ Date: _____

Please return these forms no later than August 25, 2010

Name: _____ Male: _____ Female: _____

Age: _____ Height: _____ Weight: _____

Photograph before & after picture: Yes _____ No _____ (will not be used without my consent)

Please indicate your current physical activity level:

_____ **Sedentary:** if you perform activities of daily living only which refers to those related to independent living such as preparing meals, managing finances, shopping for groceries or personal items, performing light housework and using telephone.

_____ **Low Active:** if you perform activities of daily living and other activities up to 3 days per week such as slow walking, golf with a powered cart, swimming (slow treading), gardening or pruning, bicycling with very light effort, dusting or vacuuming, light exercise or light stretching.

_____ **Active:** if you perform activities of daily living and other more vigorous activities 3-5 times per week such as brisk walking, golf while carrying clubs, swimming, recreational activities, mowing the lawn, tennis (doubles), bicycling with moderate effort, scrubbing floors or washing windows or weightlifting including circuit machines or free weights.

_____ **Very Active:** if you perform activities of daily living and other intense activities 5-7 times per week such as running, swimming, soccer, football, basketball, bicycling with intense effort, tennis (singles), or working in a job requiring intensive physical labor.

If you checked you are low active, active or very active, please describe what types of activities you engage in, for how long and how often: _____

Please answer the questions to the best of your ability and be as specific as possible.

How many times per week do you eat out? _____

What do you normally eat when dining out? _____

Who prepares most of your meals? _____

Are you a smoker? _____

Are you breast feeding? _____

Do you feel your diet is nutritionally balanced? _____

Do you normally eat: Breakfast yes ____ no ____ Dinner yes ____ no ____
 Lunch yes ____ no ____ Snacks yes ____ no ____

Please list any prescription medications you take:

Please list any non-prescription medications you take:

Program Details

1. The initial weigh-in is required and will be held on **August 30th** during the following times:

5:30-7:30 am (walk in) 2:30-5:00 pm (walk in) or 5:00 pm-7:00 pm (**by appointment only**)

Kick off meeting Monday August 30th from 7:15 pm to 8:00 pm

Initial weigh-in will include height, weight, body fat analysis and pictures.

Girth Measurements only taken by a personal trainer (contact trainer to set up time). Weight recorded in whole pounds. If you cannot make any of these times for your initial weigh-in, call Main St. Gym to schedule your weigh-in time.

2. Weekly weigh-ins will be offered at any time. Just ask a staff member to assist you.

Mandatory weighs in end of week 4 (Sept 24th) to end of week 8.

Final weigh in will be November 19th.

Weekly weigh ins are optional, but are a good tool for you to see where you are ,provide you with some incentive and motivation to keep going and discuss your strategies with the fitness staff. *Initial & final weigh ins are mandatory.*

(If a contestant does not weigh in during mandatory weigh-ins the last recorded body weight will be used to determine team standings.)

Participants must weigh in with the following attire each time: **shorts/shirt**. If you choose to have your information featured as part of the contest, you must be weighed by the Main St. Gym staff. You may have time to discuss your week with the staff or via emailing the trainers, but if you would like detailed, personal fitness information, please take advantage of purchasing personal training & nutrition services at a discount rate (available for Biggest Loser participants only).

3. The final weigh-in is required and will be held on Friday, **Nov 19th** during the following times:

5:00 am to 7:00 pm

If you cannot make any of these times for your final weigh-in, call Main St. Gym to schedule your weigh-in time.

4. The Biggest Loser prize will be awarded to the **team** with the greatest percentage of weight loss, not necessarily the team who loses the most weight in pounds. For example, Joe weighs 190 lbs at the beginning of the contest and he losses 20 lbs for an ending weight of 170 lbs. So Joe has loss 10.5% of his body weight. Bob weighs 250 lbs and losses 25 lbs for an ending weight of 225 lbs, so Bob has loss 10% of his body weight. Joe will win with a greater percentage of weight loss. In the event of a tie, the tied team winner's names will be drawn randomly to determine the Grand Prize winner.

5. The entry fee is **\$150.00** per team (couple). Minimum age is 16. No refunds will be given for any reason once a participant has been registered for the program. All participants must fill out the Official Registration Form and Waiver completely including e-mail, signature, and date. (Must be a member of Main Street Gym . Three month memberships offered at a discounted rate)

6. All demographic information will be kept confidential unless otherwise noted by you on the form in this packet.

7. Each member on the Biggest Loser winning team will receive a **Spa Package (one hour massage, facial, spa pedicure, manicure, hair cut/shampoo), plus \$50 gift card to Sports Authority, plus 3 month membership (VALUE \$550)**

The Individual who loses the largest percentage of body weight will also win a prize: **Spa Retreat and 3 month membership (VALUE \$259)**

