



Duration:

March 18 – April 29

April 8th Easter Sunday Off

Final weigh-in/winners announced May 6th.

	March 18	March 25	April 1	April 15	April 22	April 29	May 6
Red Team Workout	1:00 pm	2:30 pm	1:00 pm	2:30 pm	1:00 pm	2:30 pm	N/A
Weigh Ins	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	2:00 pm	N/A
Winners Announced	N/A	N/A	N/A	N/A	N/A	N/A	2:00
Nutrition Seminar	2:30 pm	N/A	N/A	N/A	N/A	N/A	N/A
Blue Team Workout	3:00 pm	1:00 pm	2:30 pm	1:00 pm	2:30 pm	1:00 pm	N/A

Two teams

Will measure weight as a percentage loss instead of pounds.

Will not show any individual weights only % loss/gain.

Example:

Red Team		Blue Team	
Weight	Loss	Weight	Loss
200	2	175	3
180	3	210	2
170	1		
550	6	385	5
1.1%		1.3%	

Two trainers

Deb & Wendi

What's included:

1. Training:
 - a. Weekly Class with team trainer.
 - b. Classes to be held on Sunday afternoon (see Schedule for details)?
 - c. 1 class hour duration
 - d. Will alternate weekly class times to normalize weigh-ins (see schedule for details).
2. Weekly weigh-ins
 - a. Weigh-ins by both trainers – to occur between the two classes.
 - b. Only post % lost not weights for individuals and team.
 - c. Bulletin board on easel in gym to show team progress.
 - d. Weight will be measured to tenths of a pound
 - e. Rotating schedule for weigh-ins 1 week prior to class next week after class?
3. Non-members
 - a. 6 week membership is included.
4. Schedule

All Classes on Sunday afternoon

	Challenge	Prize	Donated By
1	Biggest Loser - Individual	Makeover by New Image Salon Round of Golf for two incld cart at Banner	New Image Banner Golf
2	Biggest Loser – For each team	Biggest Loser T-shirt	MP Impressions
3	Biggest Loser - Team	1 month free membership to Banner	Banner Total Fitness

Other Prizes throughout challenge to keep you motivated.

1. The winners at the end
 - a. Biggest Loser – Individual: Person who lost the biggest % of weight.
2. Biggest Loser – For each Team
 - a. Person on each team who lost the biggest percentage of weight
3. Biggest Loser – Team: The team that lost the biggest % of weight.

Biggest Loser Challenge Pricing

Member cost and non member cost?

Member Cost = \$50

Non-Member cost = \$65

Add-on for Biggest Loser Participants

Description	Pricing
Add 6 HIT Classes <ol style="list-style-type: none"> 1. Only valid for Participants 2. Only valid for duration of challenge 	<u>Members:</u> BL Challenge Price \$50 6 week gym membership <u>\$50</u> Total \$100 <u>Non-Members</u> BL Challenge Price \$60 6 week gym membership <u>\$50</u> Total \$110
Add 6 Person Trainer Sessions <ol style="list-style-type: none"> 1. To be used during the Challenge 2. Pricing only valid for Participants 3. Training with team trainer 	<u>Members:</u> BL Challenge Price \$50 6 personal trainer sessions <u>\$150</u> Total \$200 <u>Non-Members</u> BL Challenge Price \$60 6 personal trainer sessions <u>\$150</u> Total \$210