**GTMS "BIGGEST LOSER" RULES**

**$20.00 PER PERSON TO ENTER**

**Start Date: 1/15/15 End Date: 4/9/15**

**GRAND PRIZE:**

1 “Biggest Male Loser” and 1 “Biggest Female Loser” = each to receive 50% of money collected.

1 “Biggest Male BMI Loser” and 1 “Biggest Female BMI Loser” = $25.00 visa gift card each.

GAIN POT: TBD

**WEEKLY PRIZE**: For every pound a participant loses that week, the participant will get one ticket; they will write their name on the ticket(s) and will put them in a “hat”. At the end of weigh- in day, 2 weekly winners will be chosen and given prizes. So, the more pounds you lose a week, the better your chances will be to win the weekly prize.

IF YOU GAIN WEIGHT, $1.00 FOR EVERY POUND (ROUNDING UP) MUST BE PAID AND WILL BE ADDED TO GAIN POT.

1. Choose your weight-in clothes wisely and try to wear similar or the same outfit every week. Weigh-in will be without shoes.
2. In order to keep it as fair as possible, since money is involved, and we encourage actual weight loss, there will be no removal of clothing layers/stripping to change outcome, or getting on/off to re-weigh or repositioning on the scale in order to manipulate the numbers.
3. You must be weighed in every week by official weight recorder (no self-weigh in’s will be accepted!) on designated day/time.
4. Weigh-in is on **Thursday** mornings from **7:25 -7:58** (end of homeroom) in the nurse’s office. (Kathy P. will be our official weight recorder.) If you need me to cover your homeroom, just let me know!
5. It is your responsibility to remember to come and weigh in. We won’t chase you down.
6. If you know you will not be in school on Thursday, you can weigh in ONE day before absence in order to maintain your eligibility for that week.
7. **Failure to weigh-in:** The program is 12 weeks long, during those 12 weeks if at any time you miss a weigh in, you will be charged $1.00, and that money will go into the GAIN pot. However, you have ONE “gimme” day when you can miss and NOT be charged for it. Your gimme day cannot be taken on that last week of weigh in.

I’M NEW AT THIS, SO PLEASE BEAR WITH ME. IF THERE ARE ANY ISSUES THAT ARISE DURING THE CHALLENGE, THEY WILL BE TAKEN CARE OF AS THEY COME UP.