

Eastern's Biggest Loser Rules and Regulations

- ☆ Participants must be an employee of Eastern Oklahoma State College (No student workers, sorry)
- ☆ The 15 week contest period will be from **February 2, 2010 to May 11, 2010**
- ☆ Employees will weigh-in with Mrs. Loma Messex in the Field House, room 117 (the office closest to the swimming pool) on **TUESDAYS from 10:00-12:30.**
- ☆ Loma will keep track of the total pounds lost at each weigh-in. Results will be maintained confidentially throughout the whole competition. The same scale must be used for each weigh-in. You may choose any diet and exercise program that you feel is appropriate for you. Always seek the advice of your personal physician before starting a weight-loss program. Please refer to the HealthChoice "Health Education Lifestyle Planning" website at: <http://www.sib.ok.gov/help.asp>
- ☆ Each participant will select a nickname in order to keep anonymity. After each weigh-in, an update that shows the participant's nick name and total pounds lost will be e-mailed. This update will not show actual weight or percentage lost, only pounds lost or gained.
- ☆ The cost per participant will be \$2 per week. **EXACT CHANGE ONLY.**
 - Participants who choose to pay the entire \$30 on or before **THE SECOND WEIGH IN** (February 9) will receive an extra one (1) pound advantage on their total weight lost.
For example: if a person loses a total of 10 pounds in the 15 weeks, and they paid in full by February 9th, they will receive the 1 pound advantage and will have lost 11 pounds.
 - Participants that choose to pay weekly must do so at each weigh-in. If you are skipping a weekly weigh-in, the payment must be paid to Loma that day, unless other arrangements are agreed upon. For the weigh-in on the week of Spring Break (March 16) participants must agree to pay their \$2 at the weigh-in prior to that week or the week after. In order to be in consideration for Eastern's Biggest Loser winner, a participant must be fully paid by the Final Weigh-in.
- ☆ Weights will be rounded to whole pounds EX: A person who lost 1.3 pounds will have lost 1 pound
- ☆ The same clothes or lack thereof must be worn at each weigh-in. For example, if you wear a jacket and shoes at the first weigh-in you will have to wear your jacket and shoes for each weekly and final weigh-in. No nudity please.
- ☆ After 4 missed weigh-ins, participants will be automatically withdrawn from the contest unless other arrangements have been confirmed with Loma Messex. If a participant decides to cease participation during the contest period or is automatically withdrawn, the fees paid to that date will be forfeited (no refund).
- ☆ Participants **MUST** complete their final weigh-in within one week prior to the Final Weigh-in date to be eligible to win. (In other words, you must complete your final weigh-in between May 5, and May 11)
- ☆ The participant who has the highest PERCENTAGE of weight loss at the end of the contest period will be "Eastern's Biggest Loser" and will win 75% of money collected throughout the contest. The second place winner will receive 25% of the total money collected (the amount will depend how many people participate). The decision will be made solely by the results of the "Weigh-ins" conducted and the resulting decision is final and binding.

By signing below, I indicate that I have read and agreed upon the terms specified above.

Please Print name

Signature

EOSC e-mail address

Nickname

Please bring this completed form to your first weigh-in! Good Luck!