

PRINCETON CLUB **BIGGEST LOSER** **WEIGHT-LOSS** **CONTEST**



Princeton Club Biggest Loser Rules and Guidelines:

1. Participants must weigh in once a week. All participants in a group will weigh in before their group workout and report their weight to their trainers before each scheduled workout. If in multiple groups, you will weigh-in with each trainer, each week.
2. For the initial and final weigh-ins, participants should wear **normal workout clothes**. (T-shirt, shorts or workout pants and socks.) Shoes will be removed and there can't be anything found in pockets. (NO JEANS or SWEATSHIRTS)
3. We strongly advise that you fill out and complete a weekly food journal throughout the contest. Food journals can be tracked through www.myfitnesspal.com. If you are unable to access MyFitnessPal for any reason, let your trainer know before the contest begins.
4. Challenges will be presented to each group every week. If you complete all 10 challenges during the competition, you will receive a 15% discount on any Personal Training package in addition to a small prize package at the conclusion of the contest.
5. Princeton Club strongly advises all contestants to lose weight safely, following healthy eating and exercising habits. There are many resources at the club to assist you with losing weight in a healthy manner. We strongly discourage skipping meals, starving yourself before weigh-ins or excessive exercising that is unsafe. If you need help or suggestions on safe weight loss practices, please see any of our Personal Trainers.
6. The winner will be determined by the top male and female who loses the largest percentage of body weight. If there is a tie, the winner will be determined by who lost the most actual pounds. To qualify for the top prize, all requirements of the contest must be met with no exceptions.
7. All rules are enforced on all participants with no exceptions. It is the participants' responsibility to read and understand the rules and guidelines. This is to make the contest as fair as possible for all entrants.
8. Contest is for West club contestants only. West side contestants cannot work out in the East side or Fitchburg groups or participate in their program and vice-versa. Members, however, can use the East side, Fitchburg and Xpress clubs to work out on their own per their membership agreement.

Personal Training Director:
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