

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



Fitchburg

February 6th through March 18th 2023

Informational
Packet

Princeton Club Biggest Loser

Princeton Club's Biggest Loser contest is designed to inspire and motivate you to create real and permanent weight loss results. This Biggest Loser contest will provide you with the tools, and support you need in order to lose the weight that you want to lose.

Objective:

Individual- Compete against other participants to lose the highest total percentage of body weight in 6 weeks.

*If there is a tie, the award will go to the contestant with the highest actual pounds lost.

Group- Be part of the group that collectively loses the highest total percentage of their body weight. (Trick: the more groups you join the better chance you have to win!)

*If there is a tie, the award will go to the group that loses the most actual pounds collectively.

Winners: There will be one male, one female and one team Grand Prize Winner.

6 Week Program- February 6th through March 18th

Registration Deadline: Friday February 3rd

How it works:

- 1) Choose from one, two or three groups to train with per week.
- 2) All participants must come to the initial weigh-in and before photo **Saturday, February 4th** Informational meeting will begin at **10 am**. Weigh-in will immediately follow the meeting. Location: Princeton Club Fitchburg
- 3) Participants must come to the final weigh-in and after photo **Saturday, March 18th** at **10 a.m.** Location: Princeton Club Fitchburg
- 4) Weigh-in once per week with your Trainer. *If you are in multiple groups, you will weigh-in with each Trainer, each week.
- 5) Complete weekly food journals through www.myfitnesspal.com. Food journals should be emailed or handed in to your Trainer weekly.
- 6) You must complete all of the listed above criteria or you will be disqualified.
- 8) **To Enter:**
 - Decide how many groups you need to reach your goals. (Max of 3)
 - Select the days/times that work best for you
 - Register at the front desk and choose what groups you would like to join.
 - Register at www.myfitnesspal.com, and begin food log

*****Max of 15 participants per group. Spots fill up very quickly so register now!*****

Biggest Loser package includes:

- Weekly workout with the group(s) of your choice
- Review and Feedback of your weekly food journals through www.myfitnesspal.com
- Opportunity to compete in weekly challenges
- An individual fitness assessment with your trainer to develop a customized workout routine for you to do on your own that will supplement your group workouts.

Pricing:

One group per week- \$149

Two groups per week- \$199

Three groups per week- \$249

Prizes: Full Prize packages to be posted at the Club

Top male and female- Will each receive a prize package worth over \$1000 in prizes!

Top group- Each member of the group will receive a prize package

Trainers and Times *Choose from any time(s)

*Participants cannot change their group permanently once the program has begun.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am w/ Braeden		6:00 am w/ Braeden		6:00 am w/ Stella	
9:30 am w/ Emily		9:30 am w/ Emily		9:30 am w/ Derek	8:00 am Trainer Rotation
5:30 pm w/ Emily		5:30 pm w/ Emily		5:30 pm w/ Stella	

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 you are 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. You must fill out and complete a weekly food journal. Food journals will be tracked through www.myfitnesspal.com. If you do not have access to the internet, let your trainer know before the contest begins.
4. Challenges will be presented to each group every week. If you complete all 6 challenges during the competition, you will receive a 15% discount on any Personal Training package.
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 losing weight, 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. The winning group will be determined by the group with the highest average weight loss percentage. Only participants will count towards the group's average and qualify for prizes. 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 Fitchburg club contestants only. Fitchburg side contestants cannot work out in the West side groups or participate in their program and vice-versa. Members, however, can use any of the Princeton Clubs to work out on their own per their membership agreement.

Personal Training Director:

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