



## Fit4Life ~ 12 week challenge

First Weigh in ~ Monday, January 21<sup>st</sup> by 6:00PM

Registration Fee: \$50 members

\$125 non-members

Top Male and Top Female Prizes will be awarded

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Name \_\_\_\_\_ Age \_\_\_\_\_ M/F \_\_\_\_\_ Best contact # \_\_\_\_\_

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Mailing Address \_\_\_\_\_ E-Mail Address \_\_\_\_\_

List any medical problems or other concerns: \_\_\_\_\_

Do you have any of the following complications? (Doctor's release may be required)

High Blood Pressure     Seizures     Heart Disease     Breathing Problems

List any medications you are taking: \_\_\_\_\_

### Photo Release

I grant the Canadian Community Center (CCC), the right to take photographs of me and my family in connection with the above-identified event. I agree that the CCC may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content. **Photo Release:**  Agree     Do Not Agree

### Hold Harmless Agreement

I hereby for the above named person waive and release any/or all claims against the Canadian Community Center, staff, and/or volunteers of this program in connection with the above named persons participation in this program. I hereby certify that the above named person is in normal health and capable of participating in the Weight Loss Challenge.

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Signature – Parent or Legal Guardian must sign if child is under age 17

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Date

- **All fees NON-REFUNDABLE**
- It is recommended to get doctor's release before starting any weight loss / fitness program...
- Please keep in mind the challenge is for accountability purposes!
- Weekly Weigh-Ins
- Strength Training ~3 Days per week
- Cardio ~ Start @ 120 minutes with a weekly increase of 15 minutes
- Participate in Weekly Challenges (example: track food intake, extra cardio, group workout, etc...)
- No weight loss surgeries, diet pills, diet shots, etc. during the challenge.

Scoring is based on percentage of body weight lost, not actual pounds lost.

- $\text{Lbs. lost} \div \text{start weight} = \% \text{ lost}$ 
  - Example:
    - $2\text{lbs lost} \div 200\text{lb start weight} = 1.00\% \text{ loss}$
    - $2\text{lbs lost} \div 175\text{lb start weight} = 1.14\% \text{ loss}$
    - $2\text{lbs lost} \div 150\text{lb start weight} = 1.33\% \text{ loss}$