

# 2017 Riverwood Biggest Loser & Maintenance Challenge

This year's challenge will again consist of 2 phases: Weight loss and Maintenance. Your entry fee will cover both phases. After all, a weight loss challenge is only successful if one can maintain it!

**New for 2017:** At your initial weigh-in, if you were able to lose or maintain (~5 lbs.) since your final 2016 Maintenance Weigh-In, you'll receive \$10 in Aitkin Bucks!!

	Phase 1	Phase 2
<b>Goal:</b>	Weight Loss	Continued Weight Loss or Maintenance
<b>Total Entry Fee:</b>	<b>\$70</b> (payroll deduction, option for monthly payments)	
<b>Fee Breakdown:</b>	\$20	\$50
<b>Dates:</b>	1/13/17-5/5/17 (16 weeks)	5/5/17-7/28/17 (12 weeks)
<b>Payout</b>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> Place Team: 50% of entry fee                             <ul style="list-style-type: none"> <li>○ (\$650 in 2016)</li> </ul> </li> <li>• 2<sup>nd</sup> Place Team: 20% of entry fee                             <ul style="list-style-type: none"> <li>○ (\$260 in 2016)</li> </ul> </li> <li>• 3<sup>rd</sup> Place Team: 10% of entry fee                             <ul style="list-style-type: none"> <li>○ (\$130 in 2016)</li> </ul> </li> <li>• Individual Biggest Loser: 20% of entry fee (\$260 in 2016)</li> </ul>	<p><b>GOAL:</b> Lose or maintain (~ 2 lbs) from your <u>final</u> BL weight</p> <p><b>Goal Met:</b> Redeem \$50 + forfeited \$</p> <p><b>Goal Not Met:</b> Forfeit \$50*</p> <p>*The forfeited money will be put into pot and split evenly between those who met goal.</p>

## Phase 1: Weight Loss (Same guidelines as in years past)

16 week weight loss challenge:

- ✓ Form employee teams of 2-5 participants
  - You can also enter as Individual
- ✓ Create Team Name & choose Team Leader
- ✓ Your Team Leader will register your Team Name and individual member names to: [dschletty@riverwoodhealthcare.org](mailto:dschletty@riverwoodhealthcare.org)
- ✓ Team registration deadline is **Thursday, January 12<sup>th</sup>**
- ✓ Initial and Final Weigh-In is required with Dan Schletty to be eligible for prize. If off-site, must have "witness" and weight must be done on clinic scale (No home scales)
  - Free Body Composition Analysis is also encouraged at start and end of challenge
- ✓ Starting weighting must be registered on or before Friday, January 13<sup>th</sup>
- ✓ Weekly weigh-in options:
  - Self-Report
  - Weigh in with Dan in clinic every Thurs/Fri 7:45-8:30 am
- ✓ If weekly weight is not recorded, then previous weight will be used
- ✓ Individual names & weight loss is confidential. Only Team Name and Weight Loss % will be mentioned in updates
- ✓ Weight loss is determined by percent weight loss, not actual pounds

## Phase 2: Continued Weight Loss or Maintenance

Your maintenance "starting" weight will be your final weight from Phase 1. The goal is to maintain (~2 lbs.) or lose weight over the next 3 months. If you are able to achieve this individual goal, you get your \$50 back. If not, your funds go into a pot and will be split between the individuals who do meet their goal. You do not need to weigh in or report your weight weekly. Instead, you'll just have to complete your final weigh-in the week of July 24<sup>th</sup>-28<sup>th</sup>. If you do not weigh-in, you will forfeit your \$50.

If you have any questions, contact Dan Schletty @ 927-5168 or [dschletty@riverwoodhealthcare.org](mailto:dschletty@riverwoodhealthcare.org)