**LLCC Biggest Loser at Work Contest**

If losing weight is your New Year’s resolution, why not do it with a team to support you and the opportunity to win $$$? Join in on the fun and create a team for the LLCC Biggest Loser contest!! How does it work?

**Rules**

- This is a team competition. Teams are comprised of 2 to 10 people. Each team must have a captain who is responsible for reporting weekly weigh-ins.
- Each participant pays $10, non-refundable, to enter the competition, payable at the time of your initial weigh-in.
- This is an eight week competition with the initial weigh-in on February 5th. With spring break during this period, the week of March 9th will be skipped and the final weigh-in will occur on April 8th.
- Each participant is required to participate in two confidential weigh-ins, once to record his/her starting weight and once to record his/her final weight. All weekly weigh-ins, in between, for the duration of the contest will be self-reported through the team captains or directly to the contest administrator.
- Weigh-in day will be every Friday for the duration of the contest.
- A missed weigh-in will be reported as no weight loss for that particular week.
- Weight loss will be calculated as total percentage of weight loss. For the team competition, each team member’s weight will be added together for a total weight and percentage of weight loss will be calculated as a team. Individual percentage of weight loss will also be tracked and eligible for prizes. **Individual or team weights will never be shared. Only percentage of weight loss will be made public.**

**Team Competition Prizes:**

- Third Place: 10% of the pot
- Second Place: 15% of the pot
- **First Place: 60% of the pot!!**

**Individual Competition Prizes:**

- A “Biggest Loser” will be identified every week for the duration of the contest. These individuals will be placed in a drawing at the end of competition to win 5% of the pot!
- The overall individual “Biggest Loser” will win 10% of the pot!

This is a great opportunity to lose weight with the support of a team. If you would like to participate, get a team together, designate a team captain and team name and contact Kim Elder at kim.elder@llcc.edu to register your team. **Please contact Kim by Wednesday, February 3rd.** Weigh-in will be held in HR, between 9am-4pm on Friday, February 5th!