**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 January 30th. With spring break during this period, the week of March 9th will be skipped and the final weigh-in will occur on April 3rd.
* 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**](mailto:kim.elder@llcc.edu) **to register your team. Please contact Kim by Wednesday, January 28th. Weigh-in will be held in HR, between 9am-4pm on Friday, January 30th!**