



**Interagency Greatest Loser
12-Week Competition
February 2 – May 3, 2015**



CONTEST RULES

- Teams must register and submit starting weight no later than **Sunday, February 8, 2015**.
- A team can consist of 1-15 members.
- Each team must choose a Team Captain.
- Each team will decide which member will bring in the scale to be used throughout the competition.
- Each team will use the same scale and location for each weigh-in.
- Teams may decide internally to weigh-in more often to encourage on-going weight loss, but a beginning, mid-point, and ending weight must be recorded.
- Although all "Greatest Loser" contestants initially commit to the entire twelve weeks:
 - In the event a Team Member drops out during the first part of the contest, their original weigh-in weight will be entered as their mid-point and final weight.
 - If a team member drops out during the second half of the contest, their mid-point weight will be used as their final weight.

TEAM CAPTAIN ROLE

- The Team Captain must have access to the internet to enter weigh-in information onto the "Greatest Loser" Reporting Site.
- The Team Captain will:
 - Perform initial, mid-point, and ending weigh-ins for team members.
 - Use the same scale and location each time to ensure accuracy.
 - Utilize the Weight Loss Tracking Template to log weigh-ins.
 - Report **TOTAL** team weight on the "Greatest Loser" reporting website:
 - Weeks of February 2nd, March 16th, and April 27th.

END OF CAMPAIGN PRIZES – \$25 Visa gift cards* will be presented to each member of the winning team.

**Per IRC 74 and IRC 3121(a)(20), the value of an award or prize given by an employer is taxable to an employee as wages and may be subject to Federal income tax withholding and Medicare.*

NOTE TO PARTICIPANTS

Do not participate if you're pregnant or if weight loss is not appropriate for you. Always contact your doctor before starting any weight loss program. Even if some weight loss is appropriate for you, please do not engage in excessive weight loss.

GREATEST LOSER WEIGH-INS

There will be three scheduled weigh-ins requiring the Team Captain to answer 5-6 simple questions. Team Captains will access the online "Greatest Loser" Reporting Site and enter the following information:

Weigh-In during the week of February 2 – February 8, 2015

San Bernardino County – <https://www.surveymonkey.com/s/Greatestloser2015SanBernardino-Start>

1. Team Captain Information
Enter name, email, address, contact phone number
2. Team Name
Enter the name selected for your team, e.g., Lose & Win, Gut Busters
3. Team Members' Information
Enter name and email address
4. Total team weight as of initial weigh-in
The total number of pounds your team weighs. Refer to your [Tracking Template](#).