

# Thinner by Thanksgiving

Sign Up By 9/25

Starts Oct. 1

**2ND PLACE**

6 MONTHS FREE  
MEMBERSHIP +  
CASH

**1ST PLACE**

1 YEAR FREE  
MEMBERSHIP +  
CASH

**3RD PLACE**

3 MONTHS FREE  
MEMBERSHIP +  
CASH

Highest % Weight Lost Wins

Cash & Prizes

6 Week Challenge

\$25/Participant



# Thinner by Thanksgiving Challenge Registration Form

Name: \_\_\_\_\_

Disney Alias: \_\_\_\_\_

Email: \_\_\_\_\_

Cell Phone \_\_\_\_\_

Office \_\_\_\_\_

Height (optional): \_\_\_\_\_

Date of Birth (optional): \_\_\_\_\_

I am participating on a voluntary basis in the RLCAR Thinner by Thanksgiving Challenge. I understand that weight challenge/recreational/athletic activities may result in injuries to the participants. I believe I am in good health to safely participate in this Challenge. It is advisable to consult with a physician prior to starting any weight loss program.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# Thinner by Thanksgiving Challenge Rules & FAQ

## Challenge Rules & FAQ

- 1 **Start? And How Long?** The Challenge is broken down into 6 weeks, starting Thursday, October 1, 2020.
- 2 **How to Win:** Overall challenge will be focused on percentage of weight lost with the top 6 “losers” winning a monetary prize and the top 3 winning an Anytime Fitness gym membership along with a monetary prize
- 3 **Challenge Fee:** there is a fee of \$25 to participate in the challenge, this money will be split between the top 6 winners
- 4 **Personal Privacy:** To protect everyone's privacy you will choose an alias from any Disney movie and the numbers reported will be percentage of weight loss only.
- 5 **Weight Gain Fee:** \$1 per pound for weight gained since last weigh in
- 6 **Absence Fee:** \$5 for each failure to send in weekly weigh in results, one absence permitted without penalty
- 7 **Weigh Ins and Tracking:**
  - Weigh in day is on Wednesday
  - Tuesday PM an email will be sent to the participants with a “code word”
  - Participant writes code word and their alias on paper and places on or near the scale so that is legible as they take a photo of their weight that day
  - Email photo to program coordinator
  - Weigh in photos must be received by **11:59pm** Wed. night to count, if weigh in photo and/or point tracker is not received by that time, you receive no points for that week and may be subject to an absence fee.
  - There will be a scale in the office for anyone without a scale to use.
- 8 **Points:** Each week you can earn a certain amount of points for successfully completing (or avoiding) tasks. Each day, you keep track of your points on a calendar provided, tallying them up at the end of the week and sending this along with the weekly weigh in photo. This is done on the honor system.
  - **Contact Teammate:** It’s amazing the strength that comes from encouragement from your teammates! You can email, call, snap, talk to, or text someone who is participating to encourage them to have a healthy day. It helps knowing that you are all in this together and makes you accountable for what you do or don’t do
  - **Food Journal:** Included is a sample food journal that you can use to keep track of what you eat. You can also use an app or website like MyFitnessPal, SparkPeople, etc., or you can just write it down in your way.

- **What defines a “sugary treat”?** All candy, baked goods, and sugary drinks (including diet sodas).
- **Do I get extra points for exercising more than an hour a day?** You can exercise longer, but you will only receive points for exercising up to an hour. Although, if you end up exercising longer, you may be a better contender for the weight loss percentage winner!
- **How do I determine percentage of weight lost?** To calculate your percentage of weight lost, take the total number of pounds lost and divide it by your starting weight, then times it by 100. So, if you have lost 4 total pounds, and your starting weight was 150, you would use this equation  $(4 \div 150) \times 100 = \text{percentage of weight lost}$ . In this case, it would be 2.6%.

# Thinner by Thanksgiving Challenge Prizes

- 1st Prize** 1-year membership to Anytime Fitness + 35% of the pot will be paid to the person who has lost the greatest percentage of his/her body weight by the end of the Challenge.
- 2nd Prize** 6-month membership to Anytime Fitness + 25% of the pot will be paid to the person who has lost the next greatest percentage of his/her body weight by the end of the Challenge.
- 3rd Prize** 3-month membership to Anytime Fitness + 15% of the pot will be paid to the person who has lost the next greatest percentage of his/her body weight by the end of the Challenge.
- 4th Prize** 10% of the pot will be paid to the person who has lost the next greatest percentage of his/her body weight by the end of the Challenge.
- 5th Prize** 10% of the pot will be paid to the person who has lost the next greatest percentage of his/her body weight by the end of the Challenge.
- 6th Prize** 5% of the pot will be paid to the person who has lost the next greatest percentage of his/her body weight by the end of the Challenge.
- Points Payout** Is paid to the participant with the most points in total and is not also a top 6 weight loser; this winner receives all money collected from Weight-Gain and Absence Fees.



**Prize Values:** Cash prize money (from the challenge fee) will be divided amount the top 6.

- 1-year Anytime Fitness Membership, \$596.59
- 6-month Anytime Fitness Membership, \$369.01
- 3-month Anytime Fitness Membership, \$222.64

# Week 1: Thinner by Thanksgiving Challenge

Name: \_\_\_\_\_

Week 1, Oct 1 - Oct 7		THU	FRI	SAT	SUN	MON	TUE	WED
Contact a Teammate	1							
8 Cups of Water	3							
Stop Eating Before 8p	3							
2 Fruit Servings	5							
3 Veggie Servings	5							
No Sugary Treats	5							
Keep a Food Journal	5							
Exercise 2 Points for every 10 Minutes, up to 10pts per day	2							

Beginning Weight: \_\_\_\_\_

Points This Week: 0 203

Weight Lost this Week: \_\_\_\_\_

Total Weight Loss % #DIV/0!

Grand Total Points: \_\_\_\_\_

# Week 2: Thinner by Thanksgiving Challenge

Name: \_\_\_\_\_

Week 1, Oct 8 - Oct 14		THU	FRI	SAT	SUN	MON	TUE	WED
Contact a Teammate	1							
8 Cups of Water	3							
Stop Eating Before 8p	3							
2 Fruit Servings	5							
3 Veggie Servings	5							
No Sugary Treats	5							
Keep a Food Journal	5							
Exercise 2 Points for every 10 Minutes, up to 10pts per day	2							

Beginning Weight: \_\_\_\_\_

Points This Week: 0 203

Weight Lost this Week: \_\_\_\_\_

Total Weight Loss % #DIV/0!

Grand Total Points: \_\_\_\_\_

# Week 3: Thinner by Thanksgiving Challenge

Name: \_\_\_\_\_

Week 1, Oct 15 - Oct 21		THU	FRI	SAT	SUN	MON	TUE	WED
Contact a Teammate	1							
8 Cups of Water	3							
Stop Eating Before 8p	3							
2 Fruit Servings	5							
3 Veggie Servings	5							
No Sugary Treats	5							
Keep a Food Journal	5							
Exercise 2 Points for every 10 Minutes, up to 10pts per day	2							

Beginning Weight: \_\_\_\_\_

Points This Week: 0 203

Weight Lost this Week: \_\_\_\_\_

Total Weight Loss % #DIV/0!

Grand Total Points: \_\_\_\_\_



# Week 4: Thinner by Thanksgiving Challenge

Name: \_\_\_\_\_

Week 1, Oct 22 - Oct 28		THU	FRI	SAT	SUN	MON	TUE	WED
Contact a Teammate	1							
8 Cups of Water	3							
Stop Eating Before 8p	3							
2 Fruit Servings	5							
3 Veggie Servings	5							
No Sugary Treats	5							
Keep a Food Journal	5							
Exercise 2 Points for every 10 Minutes, up to 10pts per day	2							

Beginning Weight: \_\_\_\_\_

Points This Week: 0 203

Weight Lost this Week: \_\_\_\_\_

Total Weight Loss % #DIV/0!

Grand Total Points: \_\_\_\_\_

# Week 5: Thinner by Thanksgiving Challenge

Name: \_\_\_\_\_

Week 1, Oct 29 - Nov 4		THU	FRI	SAT	SUN	MON	TUE	WED
Contact a Teammate	1							
8 Cups of Water	3							
Stop Eating Before 8p	3							
2 Fruit Servings	5							
3 Veggie Servings	5							
No Sugary Treats	5							
Keep a Food Journal	5							
Exercise: 2 Points for every 10 Minutes, up to 10pts per day	2							

Beginning Weight: \_\_\_\_\_

Points This Week: 0 203

Weight Lost this Week: \_\_\_\_\_

Total Weight Loss % #DIV/0!

Grand Total Points: \_\_\_\_\_

# Week 6: Thinner by Thanksgiving Challenge

Name: \_\_\_\_\_

Week 1, Nov 5 - Nov 11		THU	FRI	SAT	SUN	MON	TUE	WED
Contact a Teammate	1							
8 Cups of Water	3							
Stop Eating Before 8p	3							
2 Fruit Servings	5							
3 Veggie Servings	5							
No Sugary Treats	5							
Keep a Food Journal	5							
Exercise 2 Points for every 10 Minutes, up to 10pts per day	2							

Beginning Weight: \_\_\_\_\_

Points This Week: 0 203

Weight Lost this Week: \_\_\_\_\_

Total Weight Loss % #DIV/0!

Grand Total Points: \_\_\_\_\_

# Thinner by Thanksgiving Challenge Food Journal

	THU	FRI	SAT	SUN	MON	TUE	WED
Breakfast							
Lunch							
Dinner							
Snack 1							
Snack 2							
Snack 3							
Water 1 cup = 8oz							