



## WEIGHT LOSS SURVIVOR

1. Contest will begin on January 15, 2018 (initial weigh in) and end on April 9, 2018 (final weigh in).
2. All weigh-ins must be done by 9:00 p.m. every Monday at the Front Desk.
3. If a contestant loses at least one pound, he/she will continue on to the next week. If contestant does not lose one pound, the contestant will be removed from the contest. **Starting Week 6 (February 19), participants must lost 1.6 pounds per week to stay in race throughout the remaining weeks of the contest.**
4. **All weigh-ins, including the initial weigh-in, are to be done in a T-shirt, shorts or workout pants, socks. You will remove shoes. Pockets must be completely empty prior to weigh-in. If you cheat, you will be automatically disqualified. Only one weigh in a day will count.**
5. Should a contestant have a scheduled vacation or out of town work commitment prohibiting them from weighing in on Monday, contestants must call or email *Zack Ferguson*, Programming Director, **prior** to missing Monday's weigh-in. The contestant who missed the weigh-in will be required to lose 2 pounds the next week in order to continue in the contest (3.2 for weeks 6-12). You will be disqualified for reporting the out of town commitment after the fact, and there must be some written proof of vacation/business trip. Contact 414-525-2391 or [zack@princetonclub.net](mailto:zack@princetonclub.net).
6. Pre-approved vacations/out of town for work (with proof) are the only way weigh-ins can be missed. To make it fair and equal to all, no other reason will be accepted. No exceptions.
5. **No weigh-ins will be done after 9:00 p.m. Monday.**
7. If contestant does not show for a weigh-in and has not contacted Zack prior to the missed weigh-in as part of a vacation, he/she will be removed from the contest. No exceptions.
8. If there is more than one contestant remaining on April 9, 2018, the Club Cash prize money will be split among all remaining contestants. Should one contestant be left prior to the end date, program will end and the remaining contestant will be declared the winner. Total amount of Club Cash won will be determined by total number of entries. Club cash will be distributed at the Front Desk via an envelope for the winner to pick up after the contest ends. Winners will have 4 weeks from the contest end date to pick up the Club Cash or it will be forfeited. The Princeton Club is not responsible for lost Club Cash.
9. Princeton Club strongly advises all contestants to lose weight safely following healthy eating and exercise habits. There are many resources at the club to assist you with losing weight in a healthy manner. We strongly discourage skipping meals, starving yourself before weigh-ins, or excessive exercising that is unsafe. The contest is meant as a motivational tool to help members lose small amounts of weight over an extended time. If you need help or suggestions on losing weight, please see any one of our Personal Trainers.
10. **All rules are enforced with all participants with no exceptions. This is to make the contest as fair as possible for all entrants.**