

LOSE TO WIN CHALLENGE

Contest Contract

I, _____ am voluntarily participating in the Stone Lose To Win Challenge of my own free will. I have been advised to consult my primary care physician prior to beginning any weight loss or exercise program. I understand I am fully responsible and Cornerstone Baptist Church and/or the Cornerstone Special Events Ministry assume no liability for injuries to me during the course of the contest. Further, the undersigned releases Cornerstone Baptist Church, Cornerstone Special Events Ministry from all claims for damages whatsoever the undersigned or his/her representatives may have against CBC.

I have been informed that being overweight, suffering from any physical ailments or being over the age of 40 puts me at an increased risk for injury. My signature below indicates I understand the above information and give my consent.

(Please Print)

Date _____ Circle: Male or Female

First Name _____

Last Name _____

Email _____

Phone _____

Adult T-Shirt Size: S M L XL 2X 3X 4X 5X 6X

Team Member _____ Individual Participant _____

Team Name: _____

Signature _____

Fee paid _____ Amount Paid _____ Rec'd by: _____

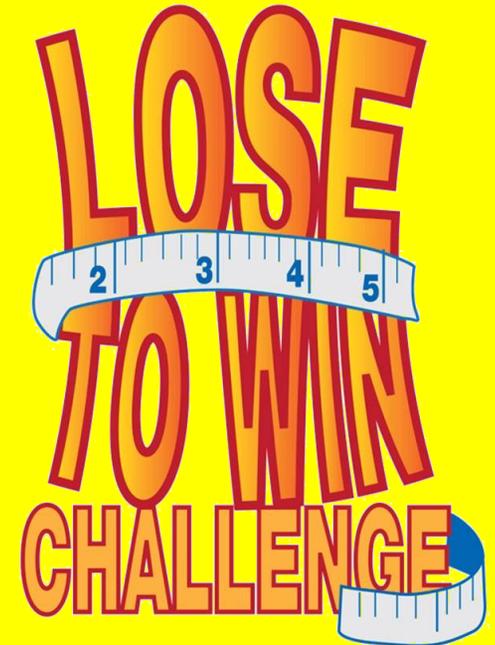
THE STONE LOSE TO WIN CHALLENGE MARCH - MAY 2019

- Each participant will be weighed in by team volunteers in a private setting. Participants are weighed fully clothed except for shoes; therefore you should bring or wear the same type clothing for each weigh in.
- Participants will receive a weight loss log to keep track of their weight loss. A log will also be kept by the team to record weight loss each week.
- Each team and/or participant is responsible for developing their own exercise routine. There will be an opportunity for group exercise/activity and/or nutritional educational sessions held at the church at least twice a month during the contest.
- Participants will receive free passes and training sessions with nutritionists and personal trainers.
- Free passes to area exercise facilities and gyms will be given for participants to use on their own time.
- A calendar of optional events and activities will be distributed to each participant at the weigh-in.
- A contract must be signed to participate and participants are strongly encouraged to seek advice from their physician prior to beginning any weight loss or diet program.
- FITNESS EXPO - SUNDAY, MARCH 3
Join us for a Fitness Expo March 3 at Cornerstone to meet and speak with personal trainers, nutritionists, and others who can assist you on your weight loss journey. All participants are responsible for any costs incurred by these groups and individuals.
- You will receive training tips, cooking advice, health info and more via email throughout the program. Be sure to regularly check our Facebook page and website for additional information.



Cornerstone Church

WEIGHT LOSS CHALLENGE



MARCH 3 - MAY 26

A 12-WEEK CHALLENGE

**To Help You Lose Weight As A
Lifestyle And Improve Your Health**

Cornerstone Church

5415 Matlock Rd. | Arlington, TX 76018

StoneLoseToWin.com

Facebook Page: fb.me/StoneLoseToWin

cbcarlington.org | FB/TW/IG @ CornerstoneTX

Email: vgriffith@cbcarlington.org

START SPRING OFF BY GETTING HEALTHY AND LOSING WEIGHT

Join the Stone Lose To Win Challenge 2019. This is a 12 week challenge and contest held March 3 - May 26, 2019. Sign up as an individual or put a team together of no more than 4 members to participate in the challenge. The contest is open to members and non-members of Cornerstone.

Registration begins February 3, 2019. Individual and team weigh-ins will be held March 2 and 3, 2019. During the weigh-in you will receive your official Lose To Win packet as well as your measurements, BMI numbers, blood pressure and pulse reading.

Each participant must pay a \$25 **non-refundable** participation/registration fee. This money will be used to purchase participant shirts, bi-weekly prizes, and the grand prize for all winners.

The Lose To Win Challenge begins with the baseline weigh-in on Saturday, March 2 between 9am - 11am or Sunday, March 3 from 12pm - 1:15pm. Each member should weigh preferably before eating breakfast. Participants not able to weigh in March 2 or 3 (due to absence) may weigh and record their baseline weight after March 3, but not before. Contact the church office to schedule the weigh-in (817.468.0083).

Each person/team should select a scale and weigh-in using the same scale throughout the competition. We will provide scales for the weigh-ins. Bring or wear clothing for the first weigh-in that you will wear for each weigh-in (or something similar).

During the challenge, participants can weigh-in Sundays after services from 12noon to 1:15pm and Saturdays on training days. The Saturday schedule will be listed on the Lose To Win calendar in the participant's packet.

Throughout the program, a different exercise or activity will be offered twice a month at the church at no extra charge to the participants. *These activities are optional.*

Cornerstone Church - Stone Lose To Win Challenge 2019

Healthy eating and exercise tips will be given throughout the challenge and some classes will be held on Saturdays as well. See the calendar in your packet for additional details. The individuals and teams who weigh in weekly or bi-monthly will be entered into a drawing for a small weekly prize.

Final weigh-in will be the week of May 19-26. The previous weight recorded will be used as the final weigh-in for participants and team members who are absent on the final weigh-in week. No team member weight will be accepted after May 26.

At the end of the 12 weeks there will be three winners announced (June 2, 2019) at the big reveal celebration. The male and female with the highest percentage of weight lost and the team with largest weight loss percentage. The actual amount paid to each winner will depend upon the number of participants enrolled and the fees collected.

TEAM INFORMATION

Teams may consist of males and females but no more than 4 members per team. The three highest weight loss percentages from the team will go towards the team's rankings. This rule will allow teams that lose a member during the competition due to illness, injury, or other issues, to finish the challenge without penalty or having to find a replacement member. HOWEVER, when determining prize ranking for teams finishing with 4 participants, the team member with the lowest percentage of weight lost must be at least 5% by the end of the challenge in order to be dropped.

For Example:

Team member 1: -10.2%
Team member 2: -20.6%
Team member 3: - 15.3%
Team member 4: - 6.2%

**The value from team member 4 will be dropped.*

Team member 1: -10.2%
Team member 2: -20.6%
Team member 3: - 15.3%
Team member 4: - 0.00%

**The value from team member 4 will NOT be dropped.*

Follow our FB page and visit our website for more information and health tips throughout the challenge. StoneLoseToWin.com and/or FB@fb.me/StoneLoseToWin or search for @StoneLoseToWin.

QUICK CONTEST RULES OVERVIEW:

- All participants should consult their primary care physician prior to beginning any weight loss or exercise program.
- Each team can have up to 4 members. Having fewer team members will not affect the outcome of the overall winners of the program.
- Teams will initially weigh-in Saturday, March 2 or Sunday, March 3. During the weigh-in you will pick up packets with calendars, t-shirts, and additional info.
- Contest runs 12 weeks (March 3 - May 26, 2019)
- Each participant will pay a \$25 fee (money goes towards weekly prizes and grand prize)
- All fees are non-refundable
- Members weigh in every Sunday or at least twice a month on Saturday training days.
- You should wear the same type clothing for each weigh-in.
- Healthy eating and exercise tips will be given throughout the contest.
- The team/individual who weighs in weekly/bi-monthly will be entered into a drawing for a small weekly prize (gift cards, movie tickets, etc.)
- Winners will be determined by the largest weight loss percentage.
- There will be three winners at the end of 12 weeks: one male, one female, and one team. The actual amount for each winner will depend on the number of participants and fees collected.
- You also get to participate in our Fitness Expo March 3 to meet and speak with personal trainers, nutritionists, and others who can assist you on your weight loss journey. All participants are responsible for any costs incurred by these groups and individuals.
- **Saturday, March 2 from 9am-9:30am there will be a total group meeting regarding the program. All participants are encouraged to be present for the meeting. It will be held at the church.**