



Congratulations on joining The Town of Colma Biggest Loser Challenge 2018!

Please read the following for contest details:

- The contest will run from February 1, 2018 to May 1, 2018. Initial weigh in must be done in person by 6pm on February 1st at the Colma Community Center. All weights are kept confidential. Only total percentage loss will be shared.
- Children under the age of 18 may participate only if they are participating with at least one parent.
- A registration form and waiver must be completed to participate.
- There will be a weekly drawing for prizes for those participants who check in by email or in person on or before Sunday. Drawing winners will be announced by Tuesday of the next week. Please email liz.tapia@colma.ca.gov to report weight. Percentage loss for the week will be calculated for you.
- On the back of this information sheet you can track your progress. It mirrors the data that we will be collecting for the contest.
- Final weigh in must be completed in person at the Colma Community Center by 6pm on Tuesday May 1, 2018.
- Winners and prizes will be announced by Friday May 4th, 2018.
- For questions please contact Liz Tapia at 650-985-5691 or liz.tapia@colma.ca.gov.
- Have fun, be safe and get fit!



Track your own data on this chart below to help with your weekly progress. Remember to contact Liz by each date to report your number so you can be entered into the weekly drawing for prizes! You're going to do great!

DATE	WEIGHT	WEEK LOSS	TOTAL LOSS	WEEK PERCENTAGE LOSS	TOTAL PERCENTAGE LOSS
Initial Weigh-in 1/31/18		-	-	-	-
2/4/2018					
2/11/2018					
2/18/2018					
2/25/2018					
3/4/2018					
3/11/2018					
3/18/2018					
3/25/2018					
4/1/2018					
4/8/2018					
4/15/2018					
4/22/2018					
5/1/2018					
FINAL TOTALS					

