



Lose Dat® **WEIGHT LOSS/BODY COMPOSITION** Challenge

is an **8-week program** designed to educate all participants on how to lead a healthier lifestyle in every facet of life. This program is designed for men and women of all shapes and sizes looking to make a measurable, physical change in their overall appearance. It will allow you the opportunity for the best results-oriented workout you've ever experienced structured in a fun team environment.

Choose a team that fits your personal schedule. The workout schedule includes 18 trainer-led team workout sessions with your small group (2 days/week) and various group exercise / specialty classes / educational and nutrition seminars plus fun fitness events with the other groups to promote comradery and friendly competition – over 35 hours of organized trainer-led sessions geared to help you lose fat and gain strength!

Weigh Ins are every other week on the *InBody570* professional, medical-grade scale. Individual (optional) and Top 5 team average leaderboards posted throughout the first 6 weeks. This TEAM competition is prized on **percentage change of your body composition (% change of fat mass plus % change of lean muscle/water mass from start to finish) from team members averaged together**. You will be educated on how to read your InBody reports so you understand the components that make up your body composition and how to track changes in your fat vs muscle.

March 5 – May 1, 2017

Registration Fee

\$75

Registration Program Fee

\$549 (*\$599 after Feb. 20*)

Important Dates*:

Kick Off Orientation

Sunday, March 5 (5pm – 7pm)

Initial Weigh Ins

Monday, March 6

Final Weigh Out

Monday, May 1

**these dates are subject to change*

RULES AND POLICIES



Weigh Ins/Outs

Weigh Ins will be conducted on our professional medical-grade InBody570.

For all Weigh In Days: Do not exercise the day testing. Strenuous exercise or sharp movements can cause temporary changes in body composition. Even light exercise can change your body composition temporarily.

For your Final Weigh Out: Take the test within ONE hour of your initial weigh in.

For your Final Weigh Out: Weigh in with the same clothes or type of clothes you weighed in with. (If you weigh in with jeans, you weigh out with jeans, if you weigh in shirtless, you weigh out shirtless, etc).

Non-compliance will result in disqualification (your team score goes back to 0% and which adversely affects the team average).

Additional recommendations from InBody on how to get the most accurate results:

1. Stand upright for about 5 minutes before testing. Taking the test immediately after lying in bed or sitting for a long period of time might result in a slight change in the test results. This is because body water tends to move to the lower body as soon as the person stands or gets up.
2. Do not eat before testing. In cases where the examinee has already eaten, the test should be put off for at least two hours after the meal. This is because food mass is included in the examinee's weight and thus, may result in measurement errors.
3. Use the bathroom before testing. Waste is not included in the body's compositional elements, but the volume of urine and excrement is included in the weight measurement affecting accuracy of the test results.

"7% pound rule"

Weigh Ins will be conducted on the first day of the program. If during this Weigh In any returning participant from the previous season has gained more than 7% of their total weight from the ENDING weigh out of the last season, they *can* participate in the program however will not be eligible to have their weight count for the team.

Examples: In order to "count toward the team's fat to lean ratio average" your weigh-in this season cannot exceed 7% increase from your last season's weigh out. For example: 7% of 150 lbs. is 10.50 lbs, 175 lbs. is 12.25 lbs, 200 lbs. is 14.00 lbs. So if you weighed out last season at 175 and in order to "count" for your team's average weight loss % you need to weigh in no more than. 187.25 lbs. If you weigh in at 190 you can still participate but will not count toward the team's weight loss % average.

How the Challenge is Scored

The numbers used to determine the optional individual leaderboard and the Team leaderboard (average of all team members) are based on your InBody printout. The Lose Dat® scoring system is designed to provide users with an easy way of tracking changes in body composition over time. There will be seminars PRE-program to attend and learn the scoring system. We take the following two numbers from your beginning and ending InBody report: Lean Body Mass and Fat Mass. The % difference of the two are added together for your final score. Losing Fat Mass is a positive % but losing Lean Body Mass is a negative %.

Rather than focusing solely on fat loss, the goal of this competition system is to reward the team who improves overall (by decreasing the amount of muscle mass lost while increasing the amount of fat mass lost).

Refunds

There are NO refunds once the program has started. Your money will not be refunded if you quit/resign from the competition. Only certain instances with official documented medical excuses will be considered on a case by case basis if an injury occurs that prohibits you from finishing the program. This is a limited-room only program and we expect 100% commitment from day 1. The only way we will remove you and your weight loss from the team total/average is if you have turned in an official medical release by Week 9 of the program that is approved by management *or* switch to another team within the first 2 weeks, or if you move out of the area and can no longer maintain a membership. If no proper documentation is turned in your weight loss **will still count for the total team Lean to Fat ratio average.**



2017 Lose Dat® Team Challenge

8-week program: March 5 – May 4, 2017



Registration Packet

Lose Dat® is a members only program.

Non-members may contact Membership at 985-792-0200 for temporary or long term membership options.

Member Name _____ Date _____

Franco's Acct. # _____ Phone # _____

E-mail _____ Age _____

PREFERRED WORKOUT TIME FRAME



- 5:00am – 7:30am (childcare NOT available)
- 7:30am – 10:00am (childcare available after 7:30am)
- 10:00am – 12:00pm
- 4:00pm – 6:30pm
- 6:30pm – 8:30pm (childcare available until 8pm M-Th, 7pm Fri)

PREFERRED TEAM OR TRAINER



Do you have a preferred Trainer?

1st choice _____

2nd choice _____

3rd choice _____

T-Shirt Size (you will receive one free shirt, additional shirts are \$20)
Ladies V-neck shirts run small. Sample shirts are at the Program Registration Desk.

Choose ONE: ___ crew neck or ___ ladies V-neck

S M L XL 2XL 3XL 4XL ___ # additional shirts (\$20 each)

PROGRAM SELECTION & PAYMENT



NO REFUNDS ISSUED ONCE THE PROGRAM BEGINS on March 5

_____ Initial here

Registration is not complete until all paperwork is finalized:

Health History Questionnaire, Waiver & Image Release & Physician's Release

Enrollment Fee _____ \$75
 Program Fee _____ \$549
 Late Program Fee _____ \$599 (after Feb 20)

Payment Selection:

- Charge my membership account in full \$ _____
- Charge my account & draft equal payments now through May
- Other: Payment must be arranged before you will be placed on a team by contacting the business office at 985-792-0205

Office Use Only	Int'l's _____
___ \$75 Enrollment Fee	
___ \$549 / \$599 Lose Dat® Program	
___ Check #	___ Cash ___ C.C.
or ___ monthly payments of \$ _____	
on account # _____	



LOSE DAT® PROGRAM RELEASE OF LIABILITY

I _____ hereby accept all risks associated with my participation in Franco's Lose Dat Team® Weight Loss Challenge Program and release and forever discharge the **Franco's, its employees - including its personal trainers ("TRAINER"), Franco's, and any other officers, agent or volunteers of Franco's ("RELEASEES")** from any and all responsibilities or liability from injuries or damages resulting from or connected with my participation in any of the exercise programs whether arising from the negligence of the RELEASEES or otherwise.

1. I acknowledge and fully understand that I will be engaging in training activities that potentially involve the risk of serious injury, permanent disability or death. Other possible risks may include social and economic losses which might result not only from the RELEASEES own actions, inactions, or negligence, but the actions, inactions, or negligence of others, the condition of the premises or any equipment. Further, that there may be other risks not known or not reasonably foreseeable at this time. I hereby assume full responsibility for all the foregoing risks, known and unknown, and accept responsibility for the damages following any injury, permanent disability, or death.
2. I further acknowledge and understand that Franco's, **its personal trainers and other employees are not licensed medical professional or physicians** and that any information or guidelines provided through the Lose Dat® program, its personal trainers or other employees carries no warranty of any kind, expressed or implied, including, but not limited to, warranties regarding safety or suitability for a particular purpose.
3. Franco's/Lose Dat/Ultra Fit and its employees will implement the most effective principals to help the participant achieve his or her goals within the TRAINER'S *scope of practice*, but cannot guarantee that its products or workouts will be safe, effective or suitable for everyone. For that reason, all services, programs, techniques and materials embodied in such services, are offered without warranties or guarantees of any kind, expressed or implied, and the TRAINER, Franco's and its employees disclaim any liability, loss or damages that may result.
4. **I understand that a physician's approval is highly recommended prior to participating in this program** and have either obtained a signed approval from my physician or have signed the *Physicians Release Form* if I meet one or more of the following criteria: 1) am male age 45 or older, 2) am female age 55 or older, 3) answered "yes" to one or more questions on the *Health History Questionnaire above*.
5. I also acknowledge that some exercise programs might be held outside of Franco's, and hereby accept all risk associated with all offsite exercise programs.
6. I have read this document in its entirety and agree to adhere to all its precepts, as well as all other terms and conditions of Franco's Lose Dat Program. I understand the risks and benefits of the program and any questions that I may have had have been answered to my satisfaction. Upon participation, I do hereby discharge, release and hold harmless the TRAINER, Franco's and its employees from any and all liability for damage claims or losses of any kind or character whatsoever resulting from any injury or condition I may suffer, or resulting from my participation except if such damage(s) or injury(s) is primarily the direct result of gross negligence or misconduct of the RELEASEES and not caused in part by my own negligence.

IMAGE RELEASE Franco's Athletic Club, its members and its employees request and hereunder signed agrees to grant all rights to use my name, photo, voice, appearance, and performance to record on or transfer to video tape, film, slides, photographs, audio tape and or other media now known or later developed to be used for broadcast, exhibit, market, sale, or to be otherwise distributed. I (the signee) hereby release Franco's, its members and its employees or vendors from responsibility for any personal injury suffered by me during production.

BY SIGNING THIS AGREEMENT, I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS VOLUNTARY EVENT AND I AM AGREEING TO THE PARTICIPANT AGREEMENT AND RELEASE OF LIABILITY.

Participant's Signature

Date

Participant's Name *(Please print legibly)*



HEALTH HISTORY QUESTIONNAIRE

Name: _____ Requested Trainer or Team: _____

Birth Date: ____/____/____ Age _____ Gender: M F

Height: _____ Weight: _____ lbs. BMI: _____

Emergency Contact: _____ Phone: _____

Personal Physician: _____ Phone: _____

Regular physical activity is safe for most people. However, some individuals should check with their doctor before they start an exercise program. To help determine if you should consult with your doctor before starting Lose Dat® Team Weight Loss Challenge at Franco's Athletic Club, please read the following questions carefully and answer each one honestly. All information will be kept confidential in accordance with the Privacy Act of 1974. This questionnaire is in accordance with the ACSM guidelines for risk stratification. **Please check YES or NO:**

Cardiovascular Health History



- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a definite or suspected heart attack or stroke? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had coronary bypass surgery or any other type of heart surgery? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have any cardiovascular or pulmonary disease(s) other than asthma, allergies, or mitral valve prolapse? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a history of: diabetes, thyroid, kidney or liver disease? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been told by a health professional that you have an abnormal resting or exercise electrocardiogram (EKG)? |

If you answered yes to any of the above please briefly describe/explain:

*If you answered "YES" to any of the Cardiovascular Health History Questions above you are required to have a Physician Release Form (see attached) signed and turned in before engaging in this exercise program.



Cardiovascular Disease Signs and Symptoms

Do you currently or have you previously displayed any of the following:

YES No Unsure

- Pain or discomfort in the chest or surrounding areas when engaged in physical activity?
- Shortness of breath at rest or mild exertion and/or unusual fatigue with usual activities?
- Dizziness or fainting?
- Difficulty breathing while sleeping and/or lying down?
- Recurrent swelling of the ankles not related to an injury?
- Recurrent heart palpitations or racing heart rate?
- Pain in muscles that cause you to stop physical activity?
- Known heart murmur?

If you answered yes to any of the above please briefly describe/explain:

*If you answered "YES" to any of the Cardiovascular Disease Signs and Symptoms Questions above you are considered high risk and are **required to have a Physician Release Form** (see Physician Release Form) signed and turned in before engaging in this exercise program. **You can waive your obligation to the required Physician Clearance by both initialing in the box to the left.**



Cardiovascular Risk Factors

YES No Unsure

- Age:** Are you a Male over 45 or Female over 55 years of age
- Family History** of cardiac events for first-degree blood relative of males under 55 and females under the age of 65
- Tobacco Use:** Currently Smoke or quit smoking no more than 6 months from today
- Obesity:** Body Mass Index (BMI) ≥ 30 or waist girth $>102\text{cm}$ (40 inches) for men and $> 88 \text{ cm}$ (35 inches) for women
- Hypertension:** Systolic blood pressure $\geq 140 \text{ mmHg}$ and/or diastolic $\geq 90 \text{ mm Hg}$ or on hypertensive medications
- Dyslipidemia:** LDL cholesterol ≥ 130 ; HDL <40 ; Total Cholesterol ≥ 200
- Diabetes:** Have been diagnosed with Prediabetes or diabetes mellitus (If Fasting Glucose is unknown this Becomes a positive risk factor in the presence of obesity, sedentary lifestyle and/or hypertension)

*If you answered "YES" to **two or more** of the above Cardiovascular Risk Factors you are considered to be high risk for exercise and we recommend consulting a physician and completing a Physician Release Form prior to engaging in this exercise program. **You can waive your obligation to the Physician Clearance by initialing in the box provided to the left.**

Physiological and Anatomical Concerns



YES No Unsure

- Are you pregnant or is it likely you could be pregnant?
- Have you had any surgery or been diagnosed with any disease in the past 90 days?
- Are you currently under any treatment for blood clots?
- Are you currently taking any prescription medications?
- Do you have any muscle, bone or joint issue that may be aggravated with exercise?
- Do you have any neck or back problems?
- Have you been told by a physician that you should not exercise?
- Are you currently being treated for any other medical condition that may hinder your ability to exercise?
- During the past 6 months have you had any unexplained weight loss or gain (greater than 10 lbs)?

If you answered yes to any of the above please briefly describe/explain:

FOR INTERNAL USE ONLY

Check and list the identified AHA/ACSM coronary risks:

_____ Existing Cardiovascular Disease: _____

_____ Signs or Symptoms of Cardiovascular Disease: _____

_____ Major Risk Factor(s): _____

Risk Stratification

Factors

_____ Apparently Healthy	≤ 1 Risk Factor (No Medical Clearance Required)
_____ High Risk, without Signs or Symptoms	≥ 2 Risk Factors (Physician Release Recommended)
_____ High Risk, with Signs/Symptoms or known disease	Physician Release Required
_____ Pregnant	Physician Release Required

*All clients needing medical clearance must have a signed Physician Release Form prior to engaging in this exercise program.

FITNESS AND LIFESTYLE QUESTIONNAIRE



Describe your current physical activity or exercise program

Type: _____

Frequency: _____ days per week Duration: _____ minutes per workout

Intensity: *LOW* *MODERATE* *HIGH*

What are your specific "FITNESS" goals?



_____ Muscular Strength _____ Weight Loss _____ Reduce Body Fat
_____ Muscular Endurance _____ Injury Rehabilitation _____ Disease Reversal/Prevention
_____ Muscular Tone _____ Flexibility _____ Cardiovascular Fitness
_____ Other: _____

What are your specific "WELLNESS" goals?



_____ Control/Reduce Stress _____ Improve Nutritional Habits _____ Stop Smoking
_____ Control Blood Pressure _____ Improve Productivity _____ Pain Management
_____ Control Cholesterol _____ Achieve a Balanced Lifestyle
_____ Feel Better Physically, Mentally, Spiritually _____ Gain Education in the areas of Wellness
_____ Other: _____

What is motivating you to participate in this program?



_____ Support System _____ Medical Reasons
_____ Want/Need a Challenge _____ I'm hooked (Alumni)
_____ Keeps me focused/disciplined _____ See above ☺!
_____ Need direction _____ Other: _____

How did you hear about this program?



_____ I participated in Lose Dat before _____ Word of Mouth / referred by another member
_____ Newspaper / Magazine _____ Advertisements /Banner / TV in the club
_____ Website / Facebook _____ Other: _____

TELL US YOUR STORY (YOUR TESTIMONIAL)



We take the "before" testimonial explaining WHY you are choosing to do this program and what your expectations are. Then we will need an "after" testimonial. Email your testimonial to judson@myfrancos.com



Physician Release Form



Your patient, _____ wishes to start a personalized exercise program **March 5 – May 4, 2017**. As a participant in this program, your patient will be instructed in proper exercise techniques working one on one or with a group with a personal trainer.

Are there any medical factors in your patient's history, or any medications that are currently being taken, which would affect exercise programming or the patient's ability to participate in a non-medically supervised exercise program?

Please Circle: Yes No

If yes, please list and explain:

Please identify any recommendations or restrictions that are appropriate for your patient in this exercise program:

My patient, _____, has my approval to begin an exercise program with the recommendations or restrictions stated above.

Physician Name: _____

Physician Practice: _____

Physician's Phone: _____

Physician's Address: _____

Physician Signature: _____ **Date:** _____