

FIT AND FABULOUS 2010



Fit and Fabulous in 2010 Weight Loss Challenge Scoring Qualifications

1. Participant weigh-in is March 20th and a beginning weigh-in is mandatory. (You can weigh-in late but not early!)
2. Weight loss is calculated as % of body weight loss. Greatest loss wins.
3. Official weights are taken by standing on the program scale. Exact scale is determined for the weight loss challenge before start of challenge and is used on all mandatory and benchmark weigh-in's.
4. Participant weigh-out is June 10th, and ending weigh-out is mandatory. (You may weigh-out early but not late!)
5. Beginning mandatory official weight will be counted as final official weight if final mandatory weight is not taken.
6. Participant will not be eligible for any prizes if final mandatory official weight is not taken.
7. This challenge is based on hard work and dedication. Any person using any surgery or any medical procedures to enhance their scores will be disqualified and will not collect on any prizes.