

Official Rules for the “Biggest Loser” Contest

Sponsored by DSEHP for Dearborn Public Schools

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| Eligibility: | This nine-week contest is open to all employees and adult family members of Dearborn Public Schools . <i>All participants should consult their personal physician prior to beginning any weight loss and/or exercise plan.</i> |
| Who is Not Eligible To Participate | <p><u>Surgical Weight Loss</u>: We ask that employees or family members who have had surgical intervention for weight loss since January 14, 2015 (1 year) or plan to during the course of the program not participate in this contest. Employees or family members who plan to have other cosmetic procedures prior to March 17, 2016 that may result in weight loss such as liposuction or a tummy tuck should also not participate.</p> <p><u>HCG Diet</u>: HCG is not FDA approved for weight loss. If you are participating in a HCG diet program or if you plan to, you are not eligible to participate in this challenge.</p> <p><u>Children younger than 18 years of age</u></p> |
| Contest Begins: | January 14, 2016 |
| Contest Ends: | March 16, 2016 |
| Reward Winners Announced: | Week of March 22, 2016 |
| Rewards: | <p>First Place: \$200 Gift Card Second Place: \$100 Gift Card Third Place: \$50 Gift Card</p> <p>Weekly raffle – entries earned for each weigh-in, up to three (3) per week. Entries will be discarded after each weekly drawing.</p> <p>All prizes and winners will be determined by DSEHP</p> |
| Weekly Raffle Winners Announced: | <p>A raffle will be held for all participants who register on January 14, 2016. The winner will be drawn January 15, 2016.</p> <p>An ongoing weekly raffle will begin on January 21, 2016. Each Thursday morning, a winner will be drawn from all raffle tickets received during the prior weigh-in period.</p> |
| Cost: | <p>\$5 entry fee per person, payable at the first weigh-in</p> <p>\$1 per person per weigh-in, up to \$5 per week</p> <p>\$1 penalty fee for not weighing in at least once during a contest week (Thursday morning through end of day Wednesday). This dollar will be combined with the regular weigh-in fee of \$1, for a total of \$2.</p> <p>All fees are due at time of weigh-in.</p> <p>All fees collected will be donated to the First Book community outreach fundraiser.</p> |
| Criteria for Winning First, Second and Third Place Rewards | <p>Prizes will be awarded based upon the total percentage of body weight lost during the challenge.</p> <p>In the event of a tie, a winner will be determined by</p> <ol style="list-style-type: none"> 1) The total number of weigh-ins recorded; then by 2) Total number of pounds lost <p>In the event a winner still cannot be determined, a random drawing will be held.</p> <p>All prizes and winners will be determined by DSEHP</p> |

DSEHP – Biggest Loser Challenge Official Rules

Weigh-Ins: When and Where

Weigh-ins will take place at the Gallagher office, any time during business hours 8:00 am – 4:30 pm (closed for lunch 12 – 1). The office is located at 15250 Mercantile Drive, Dearborn, Michigan.

The initial, baseline weigh-in will be Thursday, January 14, 2016. The baseline weigh-in cannot be recorded earlier than **January 14, 2016** at 8:00 am.

Weigh-in periods are Thursday through Wednesday.

Enter early to increase your odds of winning!

The final weigh-in must be completed by **March 16, 2016** at 4:30 pm. To be eligible to win, you must weigh in between **March 10, 2016** and **March 16, 2016**. The weight recorded closest to **March 16, 2016** will be the official weight used for the final weigh-in calculation.

For consistency, it is recommended (but not required) that the weigh-in take place at the same time of day throughout the contest. For example, if you initially weigh-in on your way to work in the morning, continue that practice throughout the challenge.

Participants are encouraged to weigh-in more frequently during the week to earn additional raffle tickets, up to 3 per week.

On Friday, weekly results will be published identifying the top 5 leaders, as determined by:

1. The highest percentage of weight loss during the contest Week (Thursday – Wednesday); and
2. The highest percentage of weight loss during the entire contest to date

Weigh-Ins How to

Weigh-ins will be recorded at the Gallagher Office. The same scale will be used for all participants throughout the challenge.

Each participant should plan to weigh-in wearing a shirt (no jacket, coat, cardigan-type sweater, etc.), pants or skirt, and socks/hose (no shoes) and with empty pockets (no keys, wallets, cell phones, beepers, etc.)

Weigh-ins will be recorded to the nearest 1/10 of a pound (e.g. 164.3)

Weigh-ins will be tracking the percent of body weight lost. The calculation is made taking your actual weight (today) and subtracting it from your initial weight. The result is then divided by your initial (starting) weight. Percentages will be tracked to 1/100 of a percent.

$$((IW-AW)/IW)*100 = \text{weight loss percentage}$$

Example:

I start at 211, and lose 5 pounds in a month, ending at 206. (211-206=5)

5 pounds, divided by the starting weight of 211 equals .023697. (5/211= .023697)

Multiply that by 100 and get 2.37%. (.023697*100= 2.37%)