

LCC'S THE BIGGEST LOSER

New this Summer!

Join us as we seek to improve our health and well being!

Informational Meeting and First Weigh-In:

Saturday, May 27, 3 PM, Heritage Room

***If unable to be at LCC for first weigh-in, a starting weight can be texted or emailed to Program Manager**

Dates of Contest: May 27 to September 2

INFORMATION AND REQUIREMENTS:

- * All participants must complete a registration form with a \$20 fee**
- * Must be 18 years or older**
- * Weigh-ins occur every Wednesday at LCC during Coffee Connection. If off-campus, weigh-ins can be turned in to the Program Manager via text or email**
- * Top 3 Winners will be determined by highest percentage of weight lost**

The Lord will guide you continually, watering your life when you are dry and keeping you healthy, too. You will be like a well watered garden like an ever-flowing spring.

Isaiah 58:11 (NLT)



Always consult with your doctor before starting any weight loss program!

LCC's Biggest Loser Registration Form

May 27- September 2

Name : _____

Address: _____

Phone : _____

Email : _____

Age : _____

Start Wight: _____ Final Weight : _____

Payment Received :



* I understand that to continue in LCC's Biggest Loser contest, I must weigh-in every Wednesday between May 27 and August 30, with a final weigh-in on September 2. If unable to be on campus for weigh-ins, I will text or email my current weight to the Program Manager by 11 AM on Wednesday.

Signature _____

Date	Current Weight	Pounds Lost	% Weight Lost
May 27			
May 31			
June 7			
June 14			
June 21			
June 28			
July 5			
July 12			
July 19			
July 26			
August 2			
August 9			
August 16			
August 23			
August 30			
September 2			
TOTAL			