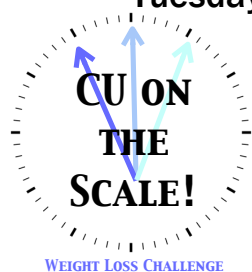


CU on the Scale! Weight Loss Challenge



Initial team weigh-in
Tuesday, November 3rd 2015 - @ the Benefits Fair: 8:30 am - 3:00 pm

Optional Weigh-Ins:
Friday, Dec. 11th : 8:00 AM - 3 PM & Jan. 15th 2016
Department of Exercise Science Lab - KFC room 150

Final weigh-in
Friday, January 29th , 2016 - EXS Lab in KFC: 8:00 am- 3:00 pm

2015-2016 CONTEST RULES:

- **Teams will consist of 4 participants-**
(CU employees, spouses or students are eligible to participate).
- **Teams are required to submit a team name and captain.**
We strongly encourage teams to weigh-in at the same time. The Team captain will be the individual responsible for coordinating team weigh-in times and communication with the laboratory staff.
- **Individual weight will be recorded to the nearest ½ lb.**
Participants are asked to wear the same (or similar) clothing for the initial and final weigh-in and to remove their shoes. All team participants must weigh in at the initial & the final weigh-in to be eligible for prizes. Raffle prizes will be available at the optional weigh-ins & at the awards event.

PRIZES: Prizes will be awarded to the top 3 teams and top 3 individuals that lose the highest relative %age of their initial weight.

Mark your Calendars! A Celebration/Awards event will be held following the competition on Monday, Feb. 8th 2016 at 12:30 PM in the Skutt Student Center Ballroom.

*All participants that complete the contest will be recognized at the Celebration Luncheon and **teams that maintain* OR lose weight will be eligible for additional prizes!** (*maintain=each person doesn't gain more than 2 lbs)*

ENTRY FEE: \$20/person to be paid on Nov. 3rd at the initial weigh-in (check or cash)
Checks can be made out to: Creighton University

All participants receive a \$5.00 off any lab service coupon (no expiration)

The Creighton University Department of Exercise Science & Pre-Health Professions Exercise Testing & Training Staff & the Creighton University Wellness Program would like to wish you and your teammates GOOD LUCK in your quest to lose weight and to become healthier.