



CU on the Scale! Fall Edition



Initial team weigh-in

Friday, September 12th – @ Dept. of EXS Lab in KFC 8:00 am – 3:00 pm

***Optional Weigh-Ins: Friday, October 10th & Friday, November 7th
@ Dept. of EXS Lab in KFC 8:00 am – 3:00 PM***

Final weigh-in

Friday, December 5th – Dept. of EXS Lab in KFC: 8:00 am- 3:00 pm

2014 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 & communicating with team members.

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.

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

A Celebration/Awards event will be held following the competition on Dec. 10th. This event is a fun time to celebrate your success as a team & win cool raffle prizes.

All participants that complete the contest will be recognized at the Celebration Luncheon

ENTRY FEE: \$20/person to be paid on Sept. 12th at the initial weigh-in

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

The Creighton University Human Performance Fitness Testing 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.