



## 2018 Program Rules & Procedures

- The competition will go from January 8th to May 7th, 2018.
- Individual competition only
- Weigh-ins and Walker or Runner miles are required to be recorded every week
- WEIGH-INS MUST BE COMPLETED ON THURSDAY/ FRIDAY OF EACH WEEK
- Week #1 starts Monday January 8<sup>th</sup>.
- May 1st week will be final week to weigh-in and log miles. All participants in order to be eligible for prizes will need to do final Weigh-in/ Miles by May 7<sup>th</sup> at the Community Center.
- There will be a drawings held at the end of each month for a prize!
  - Most Weight lost that month
  - Most miles walked/ ran
  - Most Interactive FB Group member
  - Most Classes Attended
- Details will be given at 1<sup>st</sup> meeting and posted in the Facebook group/ at the CCCC during program for the requirements for the monthly drawing
- A Male & Female Weight Loss Winner will be the person with the highest % of weight loss. This will be figured by taking the amount of weight lost divided by your starting weight and multiplied by 100. Example:  $40/330 \times 100 = 12.12\%$
- A Male and Female Walker Winner will be the person who has logged the most miles in the 4 months of competition.
- All weigh-ins are confidential, not posted and maintained by CCCC Staff.
- Make sure and check out the "Get Fit This Winter" Hall of Fame Wall or Facebook group for leader board, fitness tips and quotes, etc.
- **For best results and to be consistent, you should have nothing to eat or drink for 4 hours prior to weigh-in.**
- For All participants that have registered for the challenge, Aerobics, Tabata, Pilates, Spin, Functional Fitness and Circuit Core classes will be FREE!!!!
- For all participants who register in December, a free 30 minute session with our personal trainer will be offered. Please contact Samantha Dewey (740-503-6025) to schedule your session.

\*good through end of program

***Final celebration announcing the winners will be Monday, May 14<sup>th</sup> at 7 pm.***

NEW this year, we will be creating a Facebook group to support our Get Fit participants! We will be posting motivational quotes, reminders, pictures, healthy food options, etc. We encourage you to join the group, and post your favorite quotes, reply to others posts, post pictures of your healthy dinners, or anything you would like to share on our journey to GET FIT!.

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