



Lose It! Track It! Win It!

healthy
new year



2017 YEAR COMPETITION

Criteria for the YEAR COMPETITION:

- You must participate in all 6 competitions throughout the year in order to be automatically submitted into the year competition.
- Determining numbers will be January's FIRST weigh-in compared to December's FINAL weigh-in.
- There will be 2 winners based off of % of body fat loss and % of weight loss combined. These 2 winners will receive Incentive Time Off (ITO) as well as a cash prize (a Full-Time winner will receive 8 hours of ITO and a Part-Time winner will win 4 hours of ITO). The next 2 winners will be based off of pulling their names out of a hat (all those who participated in all 6 competitions **AND** had a loss for their numbers). A Full-Time winner will receive 4 hours of ITO and a Part-Time winner will win 2 hours of ITO.

4 WINNERS

- 1st Winner - 8 or 4 hours ITO & 50% of funds – win by % body fat loss & % weight loss combined
- 2nd Winner - 8 or 4 hours ITO & 25% of funds – win by % body fat loss & % weight loss combined
- 3rd Winner - 4 or 2 hours ITO & 15% of funds – win by losing weight & a drawing
- 4th Winner - 4 or 2 hours ITO & 10% of funds – win by losing weight & a drawing

January 12th & 13th (First Weigh-in)
December 14th & 15th (Final Weigh-in)
6:30 a.m. - 8:00 a.m.

Green River Recreation Center

If you have any questions, please contact:
Shelby Bartlett, Katie Blood, Yvonne Castillo, Ailene Elkin, Larry Erdmann, Randy Koloff,
Elaine Rich or Jamie Walgren

**SURROUND YOURSELF WITH THOSE
WHO CHALLENGE YOU,
PUSH YOU &
MOTIVATE YOU!**

