

2018 Fit Start

Accountability Weight Loss Challenge

9 week program

Rules & Regulations

- You do not have to be YMCA member to join the 9 week challenge
- Two ways to participate
 - Sign up as a team of TWO
 - Sign up as an individual
- Challenge begins **January 3, 2018** and ends with final weigh in on **February 28, 2018.**
- Registration forms are available at the YMCA and online at *quincyyymca.net*
- All registrations must be submitted to the YMCA **with payment by Jan. 2, 2018.**
- Program is an accountability program created to help individuals stay on track with their weight loss goals for 2018.
- Prizes (based on percentage of weight lost):
 - Team Challenge:
 - 1st place \$60 Cash and 6 Month YMCA membership for each team member
 - 2nd place \$40 Cash and 3 Month YMCA membership for each team member
 - Individual Challenge:
 - 1st place \$50 Cash and 6 Month YMCA membership
 - 2nd place \$30 Cash and 3 Month YMCA membership
- Weigh-ins
 - Initial Weigh In: January 3, 2018
 - Retention Weigh Ins: January 17th, January 31st, February 14th
 - Final Weigh In: February 28, 2018
 - Weigh in times: 7:00am-8:30am, 11:00am-1:00pm and 4:00pm – 6:00pm
 - LOCATION: hallway between Wellness Center & Aerobics Studio
- Participants **MUST** attend all retention weight-ins, failure to do so will mean disqualification for chance to win prize.
- Weigh-ins must be done at the Quincy Family YMCA and monitored by a YMCA staff.
- All participants will be responsible for maintaining their own fitness regimens.
- Winners will be announced and contacted on **Friday, March 3rd.**

****Search and ask to join the Closed Facebook group “QFY Fit Start” for extra support and guidance during the challenge.**

Total % loss will be calculated using the following formula:
Beginning Weight – Ending Weight = Total LBS lost
Total LBS lost / Beginning Weight = percentage of weight lost