



## Biggest Loser Competition for all buildings!!

1 message

Brandy Tiller <brandytiller@willardschools.net>

Fri, Jan 10, 2014 at 11:38 AM

To: wsstaff <wsstaff@willardschools.net>

### WILLARD SCHOOLS BIGGEST LOSER COMPETITION!!!!

This year it's a BIG competition involving ALL five elementary schools, intermediate, and the middle school. This is a 3 month competition with monthly weigh-ins. This competition is based on the largest percentage of weight lost, so anyone can win. **Please, do this WITHOUT any weight loss medications including diuretics and/or laxatives, unless already prescribed by a physician.**

The cost to play is **\$15.00**, and as long as you don't gain, you only pay \$15.00 one time! If you gain at any weigh-ins, it will only cost \$5.00 for each month you gain (but hopefully you will lose that month or stay the same and you won't owe).

The **FIRST** weigh-in will be **Monday, January 13th**- at each buildings nurse's office- you will need to weigh-in between these times 8:10- 3:55 (if you can't make this time- please contact your building nurse) Your \$15.00 entrance fee will be due at that time along with your code name- NO one will see your weight, except your nurse and the Willard East nurse.

The **SECOND** weigh-in will be **February 12th**

2 days after weigh-in you will receive an email with the top 10 biggest losers, with their code name and percentage lost for the month (NO weight will be posted). The email will come from Christina Nuttall- Willard East nurse. Hopefully this will give you some extra motivation.

The **THIRD** weigh-in will be **March 17th** and the **FINAL** weigh-in will be **APRIL 11th!!**

First place will get 80%

Second place will get 15%

Third place will get 5%

\*Just think if 10 people from each building sign up that's \$1050. So first place would get \$840- WOW! Lose weight and have money to spend on a new wardrobe ;) Let's get ready for summer and that bikini!!