

FCWCC
‘Traveling Fit’-weight loss challenge
Scoring Qualifications
9/1/08

1. Participant must attend the Jan. 9, 2009 mandatory measure-in.
2. Participant must attend the April 7, 2009 mandatory measure-out. (You may measure-out early but not late!)
3. Weight loss is calculated as total inches lost.
4. Team loss is total inches lost. (Difference between beginning measure and ending measure as a group total.)
5. Official measures are taken by the same method at each measure.
6. Measurement is taken of waist, one arm, hips, and one thigh at the start and end of challenge. (Same one each time.)
7. Beginning mandatory official measure will be counted as final mandatory official measure if final mandatory measure is not taken.
8. Participant will not be eligible for prizes if final mandatory official measure is not taken.
9. This challenge is based on hard work and dedication. Any person using any surgery or any medial procedures to enhance their scores will be disqualified and will not collect on any prizes.