



12 Week - Community Weight Loss Challenge • January 4 - March 22, 2010

Applicant Information

Name (please print)		Age As of Jan 4th, 2010	
Address		Apt #/Box #	
City	State	Zip	
Phone	Email:		
Male <input type="checkbox"/> Female <input type="checkbox"/>	Weight	Height	Date of Birth
What is your goal? Lose lbs; how many?		To live a Healthier Lifestyle? <input type="checkbox"/>	Single <input type="checkbox"/> Married <input type="checkbox"/> Partnered <input type="checkbox"/>

Team Info

Team Name	
Teammate 1 (you)	
Teammate 2	
Teammate 3	

Agreement

I have received a copy of the rules of this contest

I will read, understand and abide by the rules of this contest

I agree to pay \$5 cash at each week's Monday weigh-in

I understand that team weight loss updates will be published in the Weekly Newspapers

I understand that participation in this program does not constitute an acknowledgment, representation, or indication of my physiological well-being, or a medical opinion relating thereto and that I have reached my decision about participation in this program in consultation with my doctor and/or other medical professional.

Signature	Date
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Weighin Schedule

EVERY MONDAY FROM JAN 4TH - MARCH 22, 2010 TIME: 4PM – 6PM
 SCHEDULE IS SUBJECT TO CHANGE; NOTIFICATION WILL BE GIVEN BY THE MONDAY PRIOR TO CHANGED DATE.
 FIRST WEIGH – IN*: MON, JAN 4TH 4-6PM - LIMITED TO THE FIRST 15 TEAMS REQUEST. TUESDAY, JAN 5TH– THE FOLLOWING 15 TEAMS.

Please e-mail application to Kate@keysweekly.com or drop off at the Weekly office at 5996 OS Hwy. For employees of Fishermen's Hospital please e-mail dianne.weitz@hma.com or drop off at her office. Limited to the first 30 teams.
IF YOU ARE PRE-REGISTERED FOR A TEAM YOU MAY BRING APPLICATION TO THE FIRST WEIGH-IN.

*First weeks weigh-in will be held over 2 days and will involve a health screening with AHEC. We encourage you to come as a team for all weigh-ins, but it is required to come as a team for the first weigh-in. Please check your date preference for AHEC/First weigh-in:
 Mon Jan 4th Tuesday Jan 5th We will accept the first 15 request for Mon; any there after will be scheduled for Tues.

