



Biggest Loser Contest

Rules and Regulations



January 17, 2024 – April 10, 2024

- The Biggest Loser Contest will last a total of 12 weeks
- Each Participant will have the opportunity to weigh in a total of 16 times
- All Weigh-ins are mandatory and on Wednesdays.
- There will be 4 group challenges these will be held on Saturdays at 10am at North Little Rock Community Center.
- There will be 12 classes offered (1 every week) to help with your weight loss.
- There will be 3 different types of workout class (strength, cardio, Plyometric) every week.
- There will be 1 group workouts per week.
- All Meetings between the Lakaisha Fit2live Director and contest participant must be held on the premises of City Services Building Fourth Floor. However there will be a waiver to fill out if we workout onsite.
- Water Consumption- Participants must drink plenty of water/fluids throughout the competition.
- Food Consumption- Not eating WILL NOT be allowed! The best way to lose weight is to eat healthy foods throughout your day!
- Using the sauna for weight loss purposes is not effective. You will only lose water weight.
- Excessive Exercise- Exercise is important; however excessive exercise will not be permitted. If I feel you are over exerting yourself to the point of physical or mental harm, you may be removed from the competition.
- The final results of the competition are based on the percentage of body weight lost. In the event of a tie the following will be considered: Pounds and inches lost, effort, and number of workout sessions and weigh-ins completed.
- LaKaisha will have the right to disqualify any participant for not following the rules of the Biggest Loser Competition.
- No Refunds will be given for any reason!!!!

I have read and will abide by the rules of the Biggest Loser Competition.

Biggest Loser Participant Signature: _____ Date: _____

FIT2LIVE Director Signature: _____ Date: _____