



WEIGHT LOSS CHALLENGE

Mind • Body • Heart • Spirit



8-Week Challenge

OFFICIAL WEIGH-IN

January 20th
Strongheart
6:30am-6:30pm

2 Person Team
(Any Gender)
\$20/person

FINAL WEIGH-IN

March 17th
Strongheart
6:30am-6:30pm

100% PAYOUT

WEIGH-IN PROCESS

CONFIDENTIAL
Determined **ONLY** by
Strongheart Tanita Scale
Attire **t-shirt & shorts**

1st PLACE 50%
2nd PLACE 35%
3rd PLACE 15%

WEIGH-IN PENALTY

NO SHOW/DROP OUT
Start Weight + 8lbs =
Final Weigh-In

Prizes for ALL Participating Teams!

Lose **HIGHEST % of Weight***

Can't make the official weigh-in?

Please call (231) 866-0954 and make appointment on or before **Friday, January 24th**

QUESTIONS

Strongheart Center
(231) 534-7457
2700 Strongheart Way, Peshawbestown

*Calculation figured by www.fitwatch.com weight loss %