



Biggest Loser Health Challenge

“Lose Weight! Be Fit! And help keep American Samoa Clean!”

“Who knew that being a BIG LOSER could be this much FUN!”

Registration

Register as a **TEAM!**

Team requirements: 5 individuals per team

Registration Fee: \$50/team

Register via email or phone by contacting Reinette Thompson-Niko at rthompson.niko@doc.as or 633-5155/5175 or 254-2594

**TOP 3 BIGGEST LOSING TEAMS WILL WIN
MONETARY REWARD**



Challenge Guidelines

Timeframe

- Launching/Initial Weigh-in: September 30th & October 1st
- Final Weigh-in: December 9th & 10th

**DEADLINE TO
REGISTER NOW
Sept. 24th!!!**

Team Responsibility

- Designate a team captain
- Attend all biggest loser challenge workouts
- Attend all bi-weekly weigh-in's
- Engage in 2 cleanups (Designated areas/routes will be determined by ASCMP)

Bi-weekly Weigh-in's

- Teams will weigh-in at TJ's Gym on the dates specified on calendar. They will have between Friday and Saturday to weigh-in. Cut-off time of weigh-in on Saturday's will be 12noon.
- The team that loses the least amount of weight after weigh-in risks elimination from challenge
- The team that loses the most amount of weight will choose between **IMMUNITY** from being eliminated after next weigh-in **OR** a **2-WEEK TJ'S GYM PASS**

Elimination

- Teams may face elimination from the challenge when they engage in either one of the following:
 1. Lose the least amount of weight after weigh-in
 2. One or more members of a team do not attend a scheduled weigh-in
 3. One or more members of a team do not attend a challenge workout or training
 4. Do not engage in at least 2 cleanups

~Exceptions granted under circumstances where one is ill or travelling~

~Documentation of proof will be required~

BIGGEST LOSER CHALLENGE CALENDAR AVAILABLE UPON REGISTRATION

Please contact Tuna/Rachel Suniavia emailat aioletuna.sunia@doc.as or call 254-6117 if you have any questions.