

# Healthy Habits Challenge RULES

## General Program Instructions/Rules for Participants:

- The first weigh-in will be \_\_\_\_\_ to determine your beginning weight. Weigh-ins will be each \_\_\_\_\_ and log sheets will be collected at weigh in.
- There will be a 1 lb. penalty for each weigh-in missed. It is impossible to do this program correctly if folks do not weigh in on time and turn in their log sheets. If your log sheet was not turned in on the designated day, then a 1 pound penalty will be added to your log.
- The Healthy Habit Challenge will last for 8 weeks and winning is based on percentage.
- You will receive points for weight loss – more weight lost = more points. As long as you do not gain weight that week, you will receive points. If your BMI is in a healthy range and you don't need to lose weight but would like to work on eating better and exercising, you can still join.
- The beginning and ending weight must be done on the “official” scales.
- Lips are ZIPPED!
- The Healthy Habit Champion team leader will assist with BMI (body mass index) if needed.
- Participants will weigh in each week on \_\_\_\_\_. If at all possible, we will use the same scales at the same location every week.
- You will be given a weekly log sheet to tally your points. This will be given to your Healthy Habit Challenge team leader OR deposited in the collection box by end of business each Tuesday.

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- The obvious goal for the program is to lose weight if needed, learn to eat healthier, exercise and drink water, which will enable each individual to have a healthier lifestyle. Weekly Health Tips will be provided to help you achieve overall health and wellness.
  
- \*The method of losing weight in a healthy manner is open to each person, but there are two stipulations to this, because of the rapid weight loss attributed to both methods. If you have had surgical intervention for weight loss in the past 6 months or are on prescription medications for weight loss, you may participate, but your weight loss cannot figure into the your total.\*