RSC Cyber Security Club!

Weight Loss Challenge

How the weight loss challenge works

Participants will be on an individual basis. A registration fee of $10 will be required for each participant. Weights will be taken weekly. Three prizes will be awarded for the highest percentage of Weight Lost. Prizes are as follows:

1st Place - $500 cash award
2nd Place - $350 cash award
3rd Place - $150 cash award

Rules:
- Pay $10 registration fee
- Weigh in Weekly
- Sign and exercise a minimum of 3 times a week at the RSC Wellness Center (only required on weeks when classes are in session and school is open)
- Verifiable vacations and periods of absence will be determined on a case by case basis
- HPER classes do NOT count as participation in this challenge

Hours:
- Monday – Friday: 6am – 8pm
- Saturday: 8am – 5pm

Registration begins Monday August 18th and runs through September 2nd. Your weight tracking begins the day you register.

The challenge runs through the end of the Fall 2008 or Spring 2009 term, the exact date will be determined at a later date.

Registration Form

Name______________________________________________________________

Email_______________________________

Phone____________________________

Registration Fee:  $10.00
Registration time period:  Monday August 18th – Tuesday September 2nd
Return your completed registration form and fee to:  BS-131 Cyber Security Office, 733-7977