

RICKARDS MIDDLE SCHOOL PTSA PRESENTS

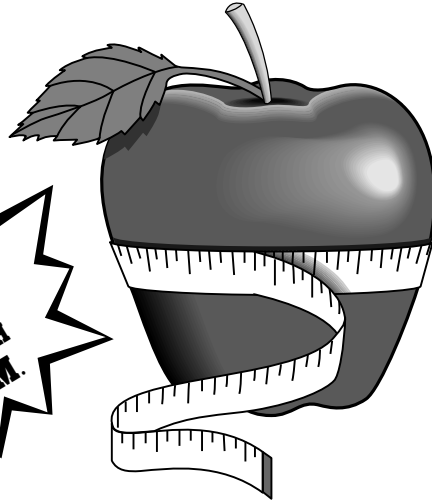
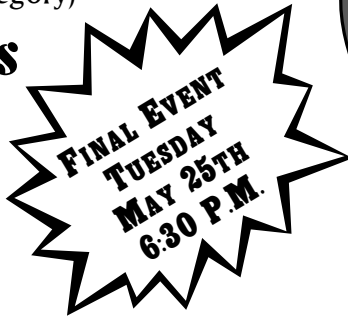
RICKARDS BIGGEST LOSER

12 - WEEK WEIGHT LOSS CHALLENGE

Three categories:

(we need at least 10 contestants in each category)

- **Students**
- **Women**
- **Men**



**Prize awarded in each category:
\$100 Gift Card to the Galleria Mall
(to buy new clothes!)**

START: Monday, March 1st ~ END: Monday, May 24th

- ▶ \$10.00 sign up fee (Cash Only) – Please submit with form below
- ▶ Once a week confidential weigh-in at **Walgreens** (Commercial and NW 6th Ave)
 - Rickards Staff, Students and Volunteers with a badge can also weigh-in at **Rickards** at Ms. Bolte's office (WEIGH-IN AT SAME LOCATION FOR ALL 12 WEEKS)
- ▶ \$2 penalty for missing a weekly weigh-in
- ▶ \$1 penalty per pound gained (anything over your last weight is a gain)

Walgreens
WEIGH-IN HOURS:
Sunday - Friday:
7 A.M. - 10 P.M.
Saturday:
No Weigh-Ins
(See Mohammed or Manager on Duty)

WINNER IS DETERMINED BY HIGHEST PERCENTAGE OF BODY WEIGHT LOST

WEIGHT LOGS WILL BE AVAILABLE AT YOUR FIRST WEIGH-IN AND WILL BE KEPT AT THAT LOCATION
First weigh-in should be any time during the first week of the challenge: March 1 - March 7

Rickards
Tuesday and Friday
8:00 - 9:00 A.M.
and
3:45 - 4:15 P.M.

You choose your own healthful program (Ask your doctor's advice)

FOR MORE INFORMATION CALL CINDY PAVONE: 954-614-4991

 FILL OUT THIS FORM AND BRING IT TO FRONT DESK WITH \$10 CASH IN ENVELOPE BY MARCH 1ST 

Name: _____ | (✓) Student _____ Woman _____ Man _____

Phone: _____ E-mail: _____

If Student: I, _____, parent of _____, permit my child who is in grade _____, to participate in the Rickards Biggest Loser 12-week weight loss challenge.

My child wishes his/her participation to be confidential. Yes _____ No _____

Parent or Guardian Signature: _____ Date: _____