



# GWRRA—AZ-R



## AZ Chapter R BIGGEST LOSER CHALLENGE

Kick-off on January 21, 2012 at the Chapter Gathering

*It's official, we're losing it...weight, that is!  
Join us at "R" monthly breakfast gathering and sign up  
for "R" Biggest Loser Challenge*

**Been thinking about shedding a few pounds?  
Here's the help you need to keep your New Year's resolution!  
Weekly email sent with recipes, tips and updates!**

### ***Official Rules:***

1. Challenge runs from January 21<sup>st</sup> through April 21<sup>st</sup> (12 weeks).
2. Registration is \$15 and must be paid at the January 21<sup>st</sup> chapter gathering. The first weigh in will also be at this meeting and all players must weigh-in on the scale provided.
3. Pictures will be taken of each participant at registration and at the conclusion of the contest.
4. All participants will be identified by a letter or number designation instead of by their name.
5. Final weigh-in will be at the April 21st gathering on the same scale used for the initial weigh-in.
6. If you are unavailable for initial or final weigh-in, you forfeit the Challenge and your sign-up fee.
7. Weekly weigh-ins to occur every Friday morning, individually, by each player in their home. You must then send your weekly weight to ladywinger@gmail.com by 7:00 PM Friday. Remember; no fudging on your weekly weigh-in amount.
8. Weight loss percentages will be published via email to the Biggest Loser Challenge players, along with recipes and advice weekly. A monthly update of the players' progress (by letter designation only) will be published in "R" Roadways Newsletter.
9. The male and female individuals with the greatest percentage of total weight lost will be the two winners.
10. Winners to be announced in the May Newsletter.



Contact Terri Rosner at [ladywinger@gmail.com](mailto:ladywinger@gmail.com) for further details.

Check us out at [www.gwr-ra-azr.org](http://www.gwr-ra-azr.org)

