

Biggest Loser Contest



When: Starting February 15th
Ending May 16th

Sponser: Sensei Pat Saunders of
Karate Do, 117 Great Rd,
Stow, 978-897-5900

Cost: \$40

Rules:

1. First weigh in will be on February 15th
2. All weigh ins will be done in private and between the hours of 9 am and 4 pm
3. You can join at any time during the first 3 weeks (but the longer you wait the harder it will be to win)
4. The final weigh in will be on May 16th
5. There is a one time \$40 registration fee which "MUST" be paid (cash) during your first weigh in.
6. You will be assigned a partner or two for accountability and support.
7. Weigh in will happen here at the dojo to keep it on the same scale and consistent.
8. There will be 2 intermediate weigh ins to check on your progress: March 14th & April 18th
9. NO stimulants allowed.
10. HAVE FUN, eat healthy and exercise. The dojo floor will be available for exercise from 1 to 2 pm Monday through Friday for anyone interested.

Winner takes the pot!

Good Luck to you all!

Sensei Pat Saunders

