

2020 Dekko Center ~ Weight Loss Challenge

**** JOIN OUR FACEBOOK GROUP: Dekko Center Weight Loss Challenge 2020**

Start Date: January 6th

End Date: March 6th

Cost: \$30 for members \$40 for nonmembers

Starting Week:

The first week you will be able to decide to do you starting weigh in on either Monday the 6th or Thursday the 9th.

Because the first week will take longer to do measurements, fitness tests, and weigh-ins make sure you have about 15-20 minute available. After that weigh-ins will be on Thursdays only. If there is a conflict one week please let me know and we can work out a different time to meet with you.

The first day we will have you fill out a form with your starting measurements and weight, along with a form with your goals for the challenge. We will also ask you to join our private Facebook group where you will receive updates, motivation, mini-challenges, meal ideas, and support from us and other challengers.

Weekly Weigh-Ins

You can come any time on Thursdays from 6:30am – 5:30pm. All other times must be worked out with Brianna. Weigh-ins will take approximately 10 minutes.

Weekly Challenges:

We will email you and also post in our Facebook group weekly workout challenges. These challenges are not required but we encourage you to try complete them each week. If you need modifications or have questions please let us know.

Pay if you Gain:

If you gain in all three areas, BMI, Body Fat, and Weight you will have to pay in the required amount. All pay-ins will go directly to the prize pot.

Week 1: Free

Week 2-Week 4: **\$2**

Week 5-Week 8: **\$3**

Prizes:

There will be 1 winner at the half way mark. The person who has the largest percentage in body weight lost will win \$50. There will be 1 Male and 1 Female winner at the end of the challenge, winners will split the pot. Totals are based on largest percentage of body weight lost.

Missing a Weigh-In:

If you have to miss a week there are two options to keep you qualified to win.

1. You can pay the pay-in amount for the week. (\$3)
2. You can send us a picture of your weight standing on a scale and we can calculate your BMI.

If you miss more than 2 weigh-ins throughout the challenge you can continue but you will not be qualified to win the prize money.

Other:

Throughout the challenge we will have some fun bonuses and competitions between challengers.