Biggest Loser Contest Rules

1. Contest will begin on Monday, February 5, 2018. There is a 16-week weight loss part, followed by a 14-week weight maintenance part.

2. Participants must live in Greene County and have a 'coordinator' to conduct weigh-ins. If you do not have one at your worksite, a community coordinator can be identified for you.

3. Each participating worksite must have an onsite coordinator who will conduct and record weigh-ins.

4. Initial and final weigh-ins must be done on the same scale. Additionally, similar clothing should be worn at initial and final weigh-ins to get the most accurate data.

5. Participants can join the contest anytime in the first 3 weeks, but weights will not be adjusted and duration of contest will not be extended.

6. Two categories of winners will be chosen based on percentage of weight lost and total pounds lost.

7. At no time will the weight of an individual be announced or posted. All weights are considered strictly confidential (unless permission granted by contestant).

8. This contest is meant to encourage adoption of a healthier diet and/or exercise plan. Use of prescription drugs, over-the-counter drugs, and/or medical procedures is prohibited.

9. Coordinators will report weights to Event Director on a timely basis (to be determined as contest progresses) in order to be eligible to win prizes.

10. Individual participating worksites are allowed to create incentives for their own employees (i.e. weekly pool, healthy lunch, etc). This is separate and distinct from the overall contest.

11. Last, but not least....have fun!