



# Weight Loss

# Challenge

## 2012 Competition #1 (WLC1)

Each team member must complete and **sign** this form to participate. All registration forms must be completed and returned to Matt Meyers by 5 p.m. on Wednesday, January 11, 2012. The team captain must report the results by **10 a.m. each FRIDAY**. Results need to be left on voicemail at (314) 622-4849 or emailed to [meyersm@stlouiscity.com](mailto:meyersm@stlouiscity.com).

*\*\*\*To be eligible for competition incentives, participants must either lose weight or maintain their weight within one pound, during the competition. Gaining weight during the competition is a disqualification.*

*\*\*\* To be eligible to WIN the team and/or individual competition, participants must have official weights recorded and be within 10 lbs. of their FINAL weight from the second 2011 Weight Loss Challenge (WLC2).*

**Please print legibly:**

Team Name: \_\_\_\_\_ Team Captain: \_\_\_\_\_

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Weigh-in Location: \_\_\_\_\_ \*Height: Feet \_\_\_\_\_ Inches \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please circle which size of the following can be ordered for you. If there are no sizes indicated, participants will receive an XL. (If you achieve enough weight loss during the competition that these sizes are no longer accurate, please contact Matt Meyers, so your records may be updated.)**

**Shirt Size: S M L XL 2XL 3XL**

**Shorts Size: S M L XL 2XL 3XL**

**Sweatshirt Size: S M L XL 2XL 3XL**

**Pants Size: S M L XL 2XL 3XL**

*By signing this, you indicate that you fully understand and agree to the terms of this program and all questions have been answered fully. You also agree that all exercise and participation in this program is done at the risk of the individual participating. The City of St. Louis and BJC HealthCare are not liable for personal injury. Administrators of the challenge are not responsible for personal injury, including bodily injury and death.*

*\*(Optional) – Your height and weight will be used to determine your Body Mass Index (BMI).*

If you have any medical conditions that may limit your participation, please contact your physician before participating.