



# 12 Week Weight Loss Challenge

## Registration Form

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ (mobile) \_\_\_\_\_ (WhatsApp)

DATE OF BIRTH \_\_\_\_\_

EMAIL \_\_\_\_\_

PREFERRED EXERCISE PROGRAM/GYM \_\_\_\_\_

Do you have any **INJURIES, PREVIOUS SURGERIES** or suffer from any **MEDICAL CONDITIONS**?  YES  NO

**PLEASE TURN OVER AND READ, SIGN AND DATE FOR AGREEMENT OF ABIIT TERMS & CONDITIONS AND WAIVER & RELEASE OF LIABILITY.**

**OFFICE USE ONLY**

PAYMENT RECEIPT NUMBER: \_\_\_\_\_

REGISTRATION WEIGHT \_\_\_\_\_ LB

6-WEEK WEIGHT \_\_\_\_\_ LB

FINAL WEIGHT \_\_\_\_\_ LB

PERCENTAGE LOST \_\_\_\_\_ %

RECOMMENDED DAILY WATER CONSUMPTION

BASED ON BODY WEIGHT \_\_\_\_\_ FL OZ

Please email form to: [marketing@abiit.edu.ag](mailto:marketing@abiit.edu.ag)

# Rules of Engagement

The Weight Loss Challenge rules are as follows:

1. The Antigua & Barbuda International Institute of Technology is offering you a chance to win EC\$2, 500.00.
2. There will be one Grand Prize winner: open to persons 18 years and over. ABIIT students can register regardless of age.
3. The registration fee is \$50XCD and due at the time of registration. NO REFUNDS will be given for any reason.
4. Contest begins on participant's first weigh in date. Initial weigh-in will be March 30 – April 01, 2022.
5. Prizes will be awarded on our Reveal Day to the following categories:

<b>Tier 1</b>	<b>→</b>	<b>1% - 5% of body weight lost</b>
<b>Tier 2:</b>	<b>→</b>	<b>5.1% - 10% of body weight lost</b>
<b>Tier 3:</b>	<b>→</b>	<b>10.1% - 15% of body weight lost</b>
<b>Tier 4:</b>	<b>→</b>	<b>15.1% and above</b>

6. Final weigh-ins will be held from June 29 – July 01, 2022. Weigh-ins will be closed to the public at 5:00 pm
7. ABIIT's HIKE IT will be held at a separate cost on June 11, 2022.
8. Initial and final weigh-ins will take place at the Antigua & Barbuda International Institute of Technology (ABIIT), located in Coolidge. 6-week weigh-in can be arranged with your gym or fitness trainer. ALL participants are required to have 3 recorded weights.
9. The 6-week weigh-in should be completed at a participating gym or fitness program. The stamp and/or signature should be affixed by the trainer.
10. All weigh-ins are mandatory for participants to be eligible to win the Grand Prize.

11. Leading participants at the 6-week weigh in will receive complimentary packages to ABIIT's Hike It on June 11, 2022. Presentations will be held at ABIIT on May 20, 2022 at 9:30 am.
12. The final results of the competition are based on the **PERCENTAGE OF BODY WEIGHT LOST**.
13. Lose It with ABIIT Reveal Day will be held on July 08 at 9AM at the ABIIT.

## **SPECIAL GUIDELINES**

14. **Water consumption** – Participants must drink plenty of water/fluids throughout the competition. A recommended amount based on body weight will be provided.
15. **Food consumption – STARVING WILL NOT be allowed.** The best way to lose weight is to eat healthy foods throughout the day.
16. **Excessive exercise** – exercise is important; however, **excessive exercise will not be permitted**, and it is important that you agree and acknowledge to respect your own comfort level and ability when exercising.
17. **Physical Activity** – It is advised that participants enroll in either a gym or fitness program to be guided by professionals on the best workout options and the intensity of those workouts. However, **please do so after consulting your physician or health care provider.**
18. **Dieting** – We strongly recommend that you consult your doctor, nearest clinic or a nutritionist to be guided with any dietary changes you wish to make.

## AGREEMENT

19. I agree and acknowledge that I have not had any form of gastric bypass/sleeve surgery within the last year or any other medical issues, conditions or surgeries that I have been instructed by a physical that would not permit me from participating in a weight loss program. \_\_\_\_\_  
\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (initials and date)

20. **Weight Loss Accelerating Products** – I agree that I will not consume any pills or other products, designed to accelerate my weight loss. \_\_\_\_\_  
\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (initials and date)

ABIIT reserves the right to disqualify any participant for not following the rules.

I agree that I am at least 18 years or older, \_\_\_\_\_  
\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ (initials and date)

I have read and will abide by the rules of the Lose IT with ABIIT Weight Loss Challenge.

\_\_\_\_\_  
**Participant's Name**                      \_\_\_\_\_  
**Signature**                                      \_\_\_\_\_  
**Date**