

12 Week Weight Loss

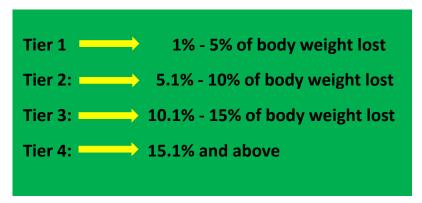


NAME			
ADDRESS			
PHONE	(mobile)		(WhatsApp)
DATE OF BIRTH			
EMAIL			
PREFERRED EXERCISE PROG	RAM/GYM		
Do you have any INJURIES, P CONDITIONS?	PREVIOUS SURGERIES YES	or suffer from any MEDIC	CAL
PLEASE TURN OVER AND		D DATE FOR AGREEMEI ER & RELEASE OF LIABI	
TERMS & CONDI	TIONS AND WAIVE		LITY.
TERMS & CONDI	PAYMENT RECE	ER & RELEASE OF LIABI	LITY.
TERMS & CONDITION OFFICE USE ONLY	PAYMENT RECE	ER & RELEASE OF LIABI	LITY.
TERMS & CONDITON OFFICE USE ONLY REGISTRATION WEIGHT FINAL WEIGHT	PAYMENT RECE	IPT NUMBER: 6-WEEK WEIGHT PERCENTAGE LOST _	LITY.
TERMS & CONDITOR OFFICE USE ONLY REGISTRATION WEIGHT FINAL WEIGHT RECO	PAYMENT RECE	ER & RELEASE OF LIABI IPT NUMBER: 6-WEEK WEIGHT PERCENTAGE LOST ER CONSUMPTION	LITY.

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:



- 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

		/
I have read and will abide by Challenge.	the rules of the Lose IT wi	th ABIIT Weight Loss
I agree that I am at least 18 yea (initials and date)	ars or older,	//
ABIIT reserves the right to disqu	ualify any participant for not f	following the rules.
_	g Products – I agree that I will signed to accelerate my w _ (initials and date)	
	- '	
not permit me from pa	articipating in a weight loss	program
	hat I have been instructed by	
nangovaleeae onisela m	vitnin the last year or any (other medical issues,
hypacc/clopye curgory w	Printer and the second second second	