

2017 Oak Ridge Schools – City of Oak Ridge Annual BIGGEST LOSER® Challenge

A competition between Oak Ridge School and City of Oak Ridge employees will kick off on Wednesday, January 11, 2017. There will be an overall winner between the two employers and also a Biggest Loser® Male and Biggest Loser® Female awarded. Weigh-ins will happen during the hours of 9:00am to 5:00pm on Wednesday, January 11, 2017. All persons wishing to weigh in should report to the Office of Coordinated School Health in the School Administration Building. You may also register at any point during the contest period, January 11– April 5, 2017. All ORS employees, City of Oak Ridge employees and their household members 18 years of age and above are eligible to participate. You may register by completing the attached form OR by contacting Jenifer Laurendine 865-425-9028/ jllaurendine@ortn.edu.

1. There will be a male overall biggest loser and a female overall biggest loser with 2nd and 3rd place winners in each category.
2. For the overall and individual competition we will be measuring the percent of body weight lost. The calculation is to take your actual weight (AW), subtract it from your starting weight (SW), and divide the difference by your starting weight (SW) x 100.

$$((SW-AW)/SW) \times 100 = \text{weight loss percentage}$$

3. The final weigh in will be on April 5 from 7:00am to 12:00pm in the gym at the Civic Center (Wellness Fair). The winners in all categories will be announced at the 2017 Wellness Fair on that day at 1:00pm.
4. Weigh-ins are confidential and participants are encouraged to check their weight loss on a bi-weekly basis. Please use the official scale located in Office of Coordinated School Health at your convenience. Weekly weigh ins are not mandatory, but are encouraged. You may contact Jen Laurendine to set up a time to weigh if that will help hold you accountable, or you are welcome to use the scale in my office at any time. Each of our school buildings is also equipped with a scale but please consider that the scales may not be calibrated equally.
5. A registration form must be filled out, along with a \$20.00 non-refundable registration fee. These items must be received before or during your first weigh in. Cash or checks are acceptable for registration. Checks should be made out to the *City of Oak Ridge*. In the memo, please put “*ORS Biggest Loser Competition*”. Employees are permitted to join the competition at any time but the later the registration, the harder it will be to win.
6. The winners will be the organization and top three male and female participants losing the largest percentage of body weight.
7. Winnings will be calculated according to the percentages below:

$$1^{\text{st}} \text{ place} = 50\%; 2^{\text{nd}} \text{ place} = 30\%; 3^{\text{rd}} \text{ place} = 20\%$$

The Biggest Loser® Challenge is sponsored by Oak Ridge Schools Office of Coordinated School Health & the COR Wellness Committee.



Biggest Loser (Organization), Biggest Loser® Male and Biggest Loser® Female Challenge 2017 Official Registration Form

This form, along with any entry fees, must be completed, signed and turned in at or before your initial weigh in. Filling out this registration form will register you for the challenge, which starts Wednesday, January 11, 2017 and runs through Wednesday, April 5, 2017. Winners will be announced at the 2017 Wellness Fair on Wednesday, April 5, 2017 at 1:00pm. Winners will receive their checks from the City of Oak Ridge in a timely fashion after the Wellness Fair.

AGREEMENT TO PARTICIPATE: I am employed by (circle all that apply): **Oak Ridge Schools**
City of Oak Ridge **Family Member**

Waiver: In signing this form, I understand and agree to hold harmless the City of Oak Ridge and Oak Ridge Schools for any injury, harm, loss or inconvenience in any of activities associated with this event. I agree to discuss with my Department Director/Supervisor any absence from my normal duties that may occur as result of participation (lunch meetings, weigh-ins, etc.). *Remember: Always consult with your physician or other qualified healthcare provider before beginning a diet or fitness program.*

Last/First Name	*Email	Department/ School	Contact #	Male/Female

**It is very important that we have a valid email address for communication about the challenge. Biggest Loser® Challenge includes bi-weekly weigh-ins, fitness/health tips, lunch n' learn sessions, and any updates on the contest, which will be sent out via email.*

** All registration forms (including scanned forms) MUST be signed by individual to be valid.

Please send completed registration forms and payment to Jenifer Laurendine through ORS School Mail to her attention at SAB. Also send an email notifying OCSH that registration and payment are on the way - jlaurendine@ortn.edu.

Completed by Office of Coordinated School Health Personnel Only:

Weigh-In Date	Starting Weight	Weigh-Out Date	Actual Weight	Percentage of Weight Lost
Non-Refundable Entry Fee of \$20.00	Check Number (Made payable to City of Oak Ridge)	Cash	Amount Paid	OCSH Signature

