



Presents



Points Awarded

This competition is based on percentage of weight loss and your participation. You will be assigned points based on your percentage of weight loss. You can earn bonus points the following ways:

- 10 points for attending each check-in consultation (on time!) and being weighed-in.
- 1 point for every nutrition/exercise log completed.
- 5 points for being down in weight at your weigh-in.
- 10 points for attending a seminar.
- 10 points for trying a new physical activity offered through the wellness program at the City. You must have your Exercise Log initialled by the instructor.
- 5 extra points for blogging about your experiences **each** week.
- 5 points for completing the individual challenges and handing your tracking sheet in, indicating how well you did.
- 10 points for participating in the group challenges.