THS BIGGEST LOSER CHALLENGE

BE A LOSER!!

Let’s lose the pounds by Spring Break together!!

Here’s how it works:

- $5.00 to join
- First weigh-in is January 4th in the nurse’s office – last date to join is Wednesday, January 11
- Last weigh-in is April 5 in the nurse’s office
- We will score the weight loss based on percentage of weight lost
  
Pounds lost divided by initial weight multiplied by 100. So if the starting weight is 200 and you lose 10 lbs, you would divide 10 by 200 giving you .05 then times that by 100 to get 5%. So, you lost 5% of your starting weight.

- You must weigh in every Wednesday – if absent, weigh at home and email Shannon Heiney, the nurse, at sheiney@randolph.k12.nc.us
- We will give out “motivational” prizes (TBD) on Feb 1 and March 1
- Healthy Potluck lunches each month in Jan, Feb and March (TBD)
- The money prize will be determined on April 5, with the award ceremony being at the Faculty Meeting on April 18.