



1. **Registration for the challenge is open now!** A onetime non-refundable registration fee for all participants of the contest is required for all (members & non-members of the F.I.T.T. PIT). The registration fees and schedule are as follows:

- February 10 – February 16 \$79
- February 17 – February 23 \$89
- February 24 – March 2 \$99

2. All participants will be expected to attend the Transformation Contest Opening Ceremonies on Saturday, March 3rd at 9am. The contest opening will take place at THE F.I.T.T. PIT, located at 695 Truman Parkway, Hyde Park, MA.

3. All Participants are required to attend the taking of before and after contest pictures to be eligible for prizes. Before contest picture will be taken the morning of Saturday, March 3rd between 7:00am and 9:00am and after photos will be taken the morning of Saturday, May 26th at the same time.

- MEN = SHORTS and NO SHIRT
- WOMEN = SHORTS or SPANDEX SHORTS and a SPORTS BRA or a BIKINI type outfit
- No black clothing for photos

4. All participants will be expected to participate in the contest weekly weigh in, taking place every Saturday or Sunday between the hours of 8am and 10am. Each contestant will be assessed a \$5 dollar penalty for each missed weigh in and missing more than 5 weigh-ins will disqualify contestants from the contest.

5. Everyone participating will weigh in on the same scale. This keeps things consistent (and honest).

6. We go by the percent of body weight loss. The calculation is to subtract your actual weight from your initial weight. Then divide that number by your initial (starting) weight. Take that number and multiply it by 100 and you get your weight loss percentage.

$$(IW-AW)/IW * 100 = \text{weight loss percentage}$$

Example: If I start at 211 lbs, and I lose 5 lbs in a month and end up at 206. That's 211-206 (5 lbs.) Take 5 lbs. And divide it by my starting weight (211). $5/211 = .023697$

Multiply that by 100 and you get 2.37%

7. There will be a **\$1 penalty for weight remaining the same** after a weigh-in. You will have to lose a complete pound in order to not to be penalized. (i.e. weigh in one week at 187.4 and the following week at 186.5, the contestant still owes a dollar for not losing a pound)

8. There will be a **\$2 penalty for each pound gained** (i.e. gain 3 pounds, you owe \$6 after a weigh-in)

9. All monies owed should be paid during the time of weigh in or prior to the following weigh in. (So if you have a bad week, be prepared to break out the spare change). **Failure in paying your penalties will automatically disqualify you from winning the competition.**

10. Contestants are not required to participate in any of our training programs at The F.I.T.T. PIT but there has been a special discounted rate for our BootCamp for the 12 weeks. (Not including the registration fee). The following payment schedule for bootcamp. There are no payment plans for bootcamp special.

	February 10 – February 16	February 17 – February 23	February 24 – March 2
1 x A Week of BootCamp (12 Sessions)	\$150	\$180	\$210
2 x A Week of BootCamp (24 Sessions)	\$275	\$325	\$375
Unlimited BootCamp	\$350	\$425	\$500

11. Weekly results will be posted on our Facebook Group Page (You will be accepted upon completion of the registration process). This facebook page will be the primary source of communication and updates. This includes sample meal plans, recipes, motivations and updates. If you don't have a Facebook account, please register for one.