



WEIGHT LOSS CHALLENGE

Mind • Body • Heart • Spirit



OFFICIAL WEIGH-IN

February 16th

Strongheart

6:30am-6:30pm

• • • • •

Charlevoix

2:00pm-4:00pm

8-Week Challenge

2 Person Team

(Any Gender)

\$20/person

FINAL WEIGH-IN

April 13th

Strongheart

6:30am-6:30pm

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Charlevoix

2:00pm-4:00pm

WEIGH-IN PROCESS

CONFIDENTIAL

Determined **ONLY** by
Strongheart Tanita Scale
Attire **t-shirt & shorts**

100% PAYOUT

1st PLACE 50%

2nd PLACE 35%

3rd PLACE 15%

WEIGH-IN PENALTY

NO SHOW/DROP OUT
Start Weight + 8lbs =
Final Weigh-In

Prizes for ALL Participating Teams!

Lose HIGHEST % of Weight*

Can't make the official weigh-in?

Please call (231) 866-0954 and make appointment on or
before **Friday, February 20th**

QUESTIONS

Strongheart Center

(231) 534-7457

2700 Strongheart Way, Peshawbestown

*Calculation figured by www.fitwatch.com weight loss %