

HOUSEHOLD OF FAITH FAMILY WORSHIP CHURCH INTERNATIONAL
ANTOINE M. BARRIERE, PASTOR

BIGGEST WINNER Sign-up Form

Team Captain Information

Name: _____ Gender: Male Female Age: _____
T-shirt Size (Please circle one): S M L XL 2XL 3XL Telephone Number: _____

Email Address: _____

Team Members (up to 6 member including Team Captain)

Name	Age	T-Shirt Size	Email Address

\$10.00 registration fee x _____ number of members = \$_____ TOTAL ENCLOSED

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BIGGEST WINNER Basic Information

Duration - Twenty-one (21) week competition ending June 2012

Competition basis – Success will be determined by the percentage of weight lost per TEAM

Eligibility

No age minimum

HOF Member Family/Team – *6 member maximum*

Orientation attendance, completion of physical and release waiver

Registration – Month of January 2012

Fee – \$10/person for Team T-shirt

Required sign up – Special Events Form/Envelope

Orientation

All participants are ***required*** to attend for competition eligibility

Additional information/rules will be explained

Submission of completed paperwork

Initial weigh-in (on assigned scale)

Scales at all locations, labeled for consistency of weigh-ins

Each member ***must*** select the HOF location preferred for weekly weigh-ins

Activities

Four (4) Saturday Group Challenges will take place on the 4th Saturday

Saturday group fitness opportunities at HOF locations

DVD Exercise (Taebo, Jillian Michaels, P90X, Jazzercise, etc.)

Salsa dancing

Zumba

Other fitness opportunities around the city will be outlined and provided to all participants

Walking/Jogging/Swimming/Yoga, etc. groups

Parks (Joe Brown, Audubon, City), neighborhoods, levees

Free/Inexpensive Fitness Classes (churches, studios, gyms, etc.)

Prizes

Large lump sum monetary prize to the ***Biggest Winner Team***

Prizes for monthly challenge winning team, such as:

Fitness Packages (Anytime Fitness, LA Fitness, Finales, etc)

Smoothie/Health food gift cards

Salsa/Dancing class packages

Travel packages

Nutrition, fitness and general health information/tips to be shared via HOF Website Health & Wellness page, weekly bulletin and Twitter/Text messages