



RULES TO THE BIGGEST WINNER GAME

POINT SYSTEM

CRITERIA	EACH TIME	TOTAL POSSIBLE POINTS PER WEEK	TOTAL POSSIBLE
Attend Boot Camp	5	15	60
Showing up on own	3 (up to 3 days)	9	36
Diet Adherence	10	70	280
Individual Health Goals		10	40
		104	416

ATTENDANCE

You will receive five points for each class and three points for each workout you do on your own. Each participant will be granted one “freebie, which is given only if outside circumstances prevent you from attending (you or a family member is sick). The freebie is also ONLY given if you make up the workout on your own. If you are late or have to leave early, points will reflect that. If you SHOW UP to work out on your own three other days during the week, you will receive three points each time. We will define what those workouts will look like together at your assessment. We are only crediting three additional days to workout because we would like for you to take one day to rest. *Every Friday you will turn in a workout sheet describing what you did on the other three days.*

DIET ADHERANCE

The name of the game is AWARENESS. We want you to be aware of what you are putting into your body and how it affects you. All you have to do is TRACK what you eat. There are other options to layer on top of that but we first want you to write down what you are eating. At the assessment, we will define together exactly what your game plan will look like (on the **Fuel Sheet**), throw in some individual modifications and then we are going to hold you to YOUR PLAN!

INDIVIDUAL GOALS

You will define your overall Health Goals on the sheet provided (**Player Info and Goals**). We understand that different people have different goals! That is why this is not about just losing weight. This is the most individualized portion of the program and will be held in the strictest of confidence. Filling out your Health Goal Sheet will help determine how we are going to assess you in order to set a clear benchmark.

ALL PAPERWORK IS ON YOUR HONOR!