

**EUCLID HOSPITAL
SMARTEST LOSER / “KEEP IT OFF”
CHALLENGE RULES**

All participating employees must:

1. Be interested in losing weight sensibly or maintain your current weight loss and winning prize money.
2. It is MANDATORY to complete the Healthy Lifestyle Screening Questionnaire. Obtain a physician’s written approval, if indicated by the screening questionnaire.
3. Sign the Smartest Loser/Keep It Off Challenge Rules.
4. Pay a \$10 participation fee (cash only).
5. Follow safe weight loss and physical activity guidelines as outlined during the Smartest Loser Challenge (e.g., no fad diets, supplements, prolonged fasting).
6. Officially weigh-in on the following dates:
May 24th, 25th or 26th
(Blood Pressure and Waist Measurement optional)
July 6th, 7th or 8th - mandatory mid weigh-in
August 16th, 17th or 18th - final weigh-in
7. Follow-up with a qualified healthcare provider or physician if facilitators notice evidence of unsafe weight loss behavior.
8. Agree that program administrators have final ruling on all contest activities and measurements.
9. Lose no less than 10 pounds and no more than 10% of your body weight from your official starting weigh-in.
10. Previous participants can maintain their weight loss of 10 or achieve the overall weight loss goal of 10 pounds.
11. Split the prize money with all participants reaching their weight loss goal.

By signing below, I agree with the Smartest Loser/Keep It Off Challenge rules and will follow reasonable nutrition and physical activity guidelines.

Print Name: _____

Employee Signature: _____

Department/Extension: _____

Email address: _____ **Paid:** _____

Euclid Hospital Employee Wellness Committee