



PA JOB'S DAUGHTER EDITION

**It's time to shed those extra holiday pounds and help support
Grand Session 2011.**

Eligibility: Anyone wishing to become healthier & support PA Job's Daughters.

Entry Fee: \$10 per participant

To sign up: Contact Tina Ahrens (717)449-0022 or tina.a.ahrens@gmail.com

CONTEST PERIOD

1. First weigh in & Official start date - January 8th, 2010 (Volleyball Weekend)
2. Final weigh in & Finale - June 17th, 2010 (Grand Session)

CONTEST RULES

1. Weigh ins will take place each month. Participants will mail (email) weights to the bookkeeper. Those falling below the "yellow line" after each weigh in will pay a \$5 penalty.
2. Weight loss will be determined by each participant's percentage of weight lost and not actual pounds lost.
3. Participants will be paired up with another player for motivational support (and to build new friendships across PA Job's Daughters)

**The Biggest Loser (winner) will receive
a cash prize at the finale!!!
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****Please note, all weigh-in information and participant weights will be kept confidential.
Only weight loss percentages will be revealed.****