

Here are the rules. If after you have read them you still want to participate I need you to email me by Monday at midnight that you're in and the organization that you have chosen to donate your money to if you don't succeed. I will be posting these on the blog. Then I'll need your \$110 by next Sunday. If you are confused about anything or have questions, please feel free to call me.

March 1st - June 1st, 2011.

each person Putting **\$100** on the line.

If you meet your goals you get it back, if you don't then it goes to an organization that you despise.

There is another \$10 fee for prizes.

FREE DAY - one day per week, you choose which one you want it to be, you can choose to always have it on a certain day (like Sundays) or you can look at your schedule at the beginning of the week and decide that way. This needs to work for you within the bounds of your life. Having a free day keeps the sanity while dieting and helps boost your metabolism after a week of cutting calories.

daily goals - each week you will choose 5 goals to work on every day, may I suggest that exercise always be one of those goals and then you choose 4 others (I don't want to make it a requirement because I am having surgery sometime during the competition which would make it impossible for me to meet my goals for that week, this way you can customize it to your specific needs that week). You can change which five that you would like to work on at the beginning of every week, but then you have to stick with those five goals for the whole week (Monday-Sunday). Examples could be:

- exercise
- drink 8 glasses of water/day
- eat 3+ servings of vegetables
- get 7+ hours of sleep per night
- no eating after dinner
- only eat 1 sweet/day
- no chocolate or sweets
- exercise twice/day (if you did, it would count as your initial exercise point and your second exercise point)
- run 3 miles/day
- Only consume 1200 or 1500 calories/day
- consume 3 servings dairy/day
- take your vitamins
- possibilities are endless, please share your ideas too

there would be a possible 30 points/week, you would be allowed to miss 3 points and still make your daily goals for the week, the person with the most points at the end gets the money in the prize pot.

Anyone who gets all of their points for a week will get a prize. I'm thinking things like I'll cook a healthy meal for your family one night that week or you could choose money from the prize pot. This is still a work in progress.

There will be a penalty for not meeting your daily goals to the tune of \$5/week. The penalty would be deducted from your \$100 and would go into the prize pot.

Extra Credit- Extra credit only applies to your daily goals points. You may earn up to 1 extra credit point per week. To get an extra credit point you can

- make and consume a vegetarian meal

- organize a group exercise activity

- think of an activity that your family would not normally do, that centers on health and wellness,

- and do it (i.e. go for a hike, play a game of soccer, taking some sort of wellness classes...)

- think of something else and pass it by 2 other people in the group for approval, approval must

- be granted before the activity takes place

weekly goals - this is a weight goal, mine is to lose 1lb/week

Ultimate Goal- this is a weight goal and the determining factor to your getting your \$100 back or your loathed organization becoming a little wealthier. Since my goal is to lose 1 lb/ week then I would have to lose 12lbs over the 12 weeks to get my money back.

Prize for everyone that keeps the weight off for 6 months and then for a year afterwards.

Weekly Weigh In - optional If it would help to motivate you, we can have a weekly weigh in so that you are accountable to other people, you do not have to if you don't want to.

Weekly Confessionals - post on the blog by Sunday at midnight how you did with your daily and weekly goals . You need to be specific, this is where I will collect the information to keep track of your points, so if you got 28 points that week you say that and you report on your weekly weight loss too (you only have to say "I lost 1 lb" you don't have to give actual weights . If you were successful then you would also share what you did that week that helped. The point is to help each other.

Penalty is 1 of your daily points if you fail to post on time.

I reserve the right to change the rules at any time during the competition if something is just not working, but you will all know about it before it goes into effect.