OFFICIAL BIGGEST LOSER CHALLENGE RULES!

Here are the weigh in rules: You must weigh in by a video or pic emailed to [jillortiz@westchesternyhealthcoach.com](mailto:jillortiz@westchesternyhealthcoach.com) or sent by Facebook messenger each weigh in date preferably in the morning but by NO LATER THAN 6pm (unless you have made other arrangements). Note that no exceptions will be made for the final weigh in date so please verify your calendar prior to committing to this group and that you can weigh in on Sunday April 23rd.

Videos are required for the first weigh in and the last weigh in. Pics are allowed in between those weeks. I will post the weekly leaders each week by Sunday evening or Monday so you know where you stand. Each video weigh in MUST: be on the same digital scale); show a visual scan of your face and full body; show the scale starting at 0; clearly show your final weight and you must state your weight as well for avoidance of doubt; be in the exact same outfit each time (i.e. your weight cannot be impacted by a different weigh in outfit each time) and you cannot have any loose fitting clothing that objects weighing you down could be hidden in.

It may be easiest to have someone else take the video for you but it is not required to have someone else video you given some concerns over others seeing your weight. The pic weigh in just has to show your feet on the scale and the number but should also be in the same weigh in outfit.

If you do not send your video/pic weigh in by 6pm each Sunday, then you must pay a penalty of $10 to continue in the competition to be eligible for the final payouts. You cannot miss consecutive weigh-ins as this will also disqualify you, regardless of whether you paid the $10. For the first weigh in, you must figure out some way to show the date is in fact March 26th (this is to prove that you did not already start your competition earlier and get a head start)...suggestions could be to include a picture of your computer with the current date, another phone with the current date, a newspaper, fit bit or something along those lines. This is the best way to prevent cheating.

That’s all! This is meant to keep you engaged and accountable to your goals! Estimated payouts will be announced on Monday March 27th.