

All final photos must be uploaded by 11:59pm

April 4th, 2015.

12 week challenge rules:

Weight loss division

REQUIRED FOR BEFORE AND AFTER PHOTOS

□ Front, side, back pictures are required and YOU MUST HOLD DATE DOCUMENTATION IN THE PHOTO OR A PIECE OF PAPER THAT HAS THE DATE*

You may wear whatever you feel comfortable in but sports bra (ladies), shorts, or bathing suit preferred

- You must submit your weight taken on the day of the photos
- use pay pal to pay or use credit card (second option) to create a pay pal account

ALSO PREFERRED BUT NOT REQUIRED

A picture of the body fat analyzer from ER POD 4 doctor's desk cabinet with your body fat % and BMI**

Physique division

REQUIRED FOR BEFORE AND AFTER PHOTOS

□ Front, side, back pictures are required and YOU MUST HOLD DATE DOCUMENTATION IN THE PHOTO OR A PIECE OF PAPER THAT HAS THE DATE*

You may wear whatever you feel comfortable in but bathing suit is preferred

- You must submit your weight taken on the day of the photos
- **Take a picture of the body fat analyzer with your body fat % and BMI****
- You must submit your photos, weight, body fat % and BMI

*that day's newspaper, Bay News 9 or other news organization front page pulled up on your ipad, something definitive that shows pictures are current as of the date of the contest and not old. Date must be July 26th or after.

** located in the pod 4 doctor's desk cabinet in blue bag, instructions are inside cabinet and attached to this email. There is also a body fat analyzer in the TGH Fitness Center. You should use the same analyzer for before and after measurements.