

2nd Annual Pounds Off Classic Entry Form

January 10th—March 6, 2012

Welcome to our second annual Pounds Off Classic!

Please check appropriate box: INDIVIDUAL TEAM

NAME/S: _____ EMAIL ADDRESS _____ PHONE _____

1) _____

2) _____

3) _____

Payment received

Metrics:

Initial:

Weight in lbs.: 1) _____ 2) _____ 3) _____

WC inches 1) _____ 2) _____ 3) _____

BFat% 1) _____ 2) _____ 3) _____

Final:

1) _____ 2) _____ 3) _____

1) _____ 2) _____ 3) _____

1) _____ 2) _____ 3) _____

Point system: weight loss: 0-5 lbs = 10 pts 6-10 lbs = 20 pts 11-15 lbs = 30 pts 16-20 lbs = 40 pts 21-25 lbs = 50 pts 26-30 lbs = 60 pts 31-35 lbs = 70 PTS 36+lbs=80 PTS

(*points are per participant*)

BFat loss: .1-.9% = 20 pts 1-1.9% = 40 pts 2-2.9% = 60 pts 3-3.9% = 80 pts 4% + = 100 pts (*points are per participant*)

Waist: .25-.5 " = 10 pts. .5-1" = 20 pts. 1-1.5" = 30 pts. 1.5-2" = 40 pts. 2-2.5" = 50 pts 2.5-3" = 60 pts. 3+ " = 70 pts.

Final Tally: TOTAL ACTIVITY POINTS + TOTAL NUTRITION POINTS = TOTAL METRICS POINTS = _____

URBAN
WELLNESS CENTRE