



weight-loss challenge:
SPRING TRAINING COUNTDOWN
Train: for weight loss Train: to eat for energy
Train: for your Health

Don't sit out the season on the bench...Get up at bat and hit a HOMERUN!
Hit a single a double or a Homerun by reducing your body fat
Registration Starts: March 17th -March 22

To register: Form a Team of 3 Baseball Players & choose a Team name and team captain Your Captain will be contacted with
with weigh-in times/dates
Fill out registration form (attached below) and email to Fitness Center. Cost \$10.pp

Spring Training Rules:

- You have 5-weeks to drop 4 to 12lbs
- Weigh-ins are 1x per week in the Fitness Center on Tuesdays or Wed. or by appointment
- Each Accumulation weekly of 1lb loss per team= 1 base run, If your team accumulates a total of 4lbs in a single weigh-in= HOMERUN and You Score-2 Runs
- Each accumulation weekly of 1lb gained by team members=1 strike, 3 strikes=1 out, 3-outs and your team is out of the Challenge
- Guidelines for training and clean eating will be distributed to all players.
- Prizes awarded to top 2 Teams

Registration

Names of Players _____

Team Name _____

Team Captain email _____

