

The logo features a large, stylized heart shape in the background, composed of overlapping green, yellow, and blue sections. Overlaid on this heart is the text "Hearts of the Family Challenge" in a bold, orange, sans-serif font with a thick black outline. The background behind the heart is a solid yellow color.

Hearts of the Family Challenge

RULES AND REGULATIONS

1. **Challenge dates**—Hearts of the Family Challenge runs Monday evenings from March 5—May 7, 2012 when the winning family will be announced. Families can join the challenge at anytime; however you have less time to work on the weight loss program and to earn bonus points. Each participant is responsible for choosing their own weight & exercise program for setting a safe achievable weight.
2. **Weigh-ins**—weigh-ins will occur every Monday evening between 6:30-6:45pm beginning March 5, 2012 at the Leader Community Hall. Participants are encouraged to attend the weigh-ins each week. The same scale will be used each week and participants are encouraged to wear the same clothes each week. Weigh-ins will be recorded in half pounds. Each participant will have their own Weigh-in Record Card; however, the program coordinator will have a master sheet where the total family weight will be recorded.
3. **Program**—each week there will be a different activity/guest scheduled. Families are encouraged to stay for the activity/guest speaker as it will be a valuable part of the program. Participants will also be informed of how they can earn extra bonus points for the next week's weigh-in. These extra bonus points will be valuable at the end of the program as these points will be calculated with the weight loss to determine the winner. **PLEASE NOTE: 3 of the 4 members of your team must stay for the activity/guest speaker or your team will not be eligible to record the bonus points for that next week.** Participants will receive a free membership to the Walker's Club so team participants will have access to walking at Leader Composite School every weekday from 7-8pm. Leader & District Fitness Club is also offering a 10% discount on a 3 month pass to all Hearts of the Family participants.
4. **Winner announced**—the winner of the challenge will be announced on May 7, 2012 after that evening's weigh-in has been completed and the final bonus points have been calculated. The winning family will receive a \$2000 travel voucher to the destination of their choice. In the case of multiple winners, the names will be thrown into a hat and one name will be drawn at random. **All decisions are final.** Pictures of the winning family will be published in the next available edition of the local newspaper.
5. **How the winner is chosen**—the winning family will be chosen based on a combined total of who has the largest weight loss percentage (maximum weight of all team members minus minimum weight of all team members divided by maximum weight of all team members X 100) plus percentage of extra bonus points collected. The percentage will be determined to the second decimal point.
6. **Withdrawals**— teams can withdraw at anytime from the challenge; however, the full team must withdraw then. There will be no refunds given for this program.