

BIGGEST loser

POINTS

Individual Points

- 3 pts for each Personal Training Session
- 3pts for participating in a challenge
- 3pts for make-up PT session 2pts for make-up GX class
- 5pts for nutrition class with possible 1pt bonus

Team Points

- 20pts Perfect attendance to training sessions
- 25pts Perfect attendance to nutrition sessions
- 30pts Weekly challenge winners
- 5-40pts Weekly weight loss percentage

- Week 1
- Week 2
- Week 3
- Week 4
- Week 5
- Week 6
- Week 7
- Week 8
- Week 9
- Week 10

\$20 Gift Cards to



30 minute Swedish Massage



2 Extra Training Sessions



Gift Cards to

