



FRANCO'S LOSE DAT TEAM WEIGHT LOSS CHALLENGE

September 13th – November 19th, 2010

- † Kick Off Party, Tuesday, Sept. 7th, 6:30pm
- † Weekly Workout Schedules & Group Training Sessions with Trainer
- † Tracking Journal , Weekly Weigh-Ins
- † Nutritional Support / Seminars / Workshops / Activities
- † Fabulous Prizes for top losers & trainer!

\$\$\$: **\$35 registration plus \$169 per month for 3 months (\$507)**
May be paid in full at registration or split up into 3 monthly payments.

Name: _____ Acct. # _____

Phone #'s: _____

E-mail: _____ T-shirt size: (circle one) **S M L XL XXL**

PICK YOUR PREFERRED TRAINING SESSION TIMES:

The following are times that the trainers have available to train their group two times a week. Rank in **order of preference** when it is most convenient with you to meet with your group. Spots will be allotted first-come, first-served. *There are no guarantees you will get your first pick so please list in preference least 4 – 6 time slots!*

EARLY MORNING SESSIONS

- FULL** 5:30-7:00am Tue/Thu
- ___ 6:30-8:00am Tue/Thu
- ___ 7:00-9:30am Tue/Thu
- ___ 7:30-9:00am Mon/Wed
- ___ 8:00-9:30am Mon/Wed

MID MORNING SESSIONS

- FULL** 9:00-10:30am Tue/Thu
- ___ 9:00-10:30am Mon/Thu
- FULL** 9:30-11:00am Tue/Thu
- ___ 10:00-11:30am Mon/Wed
- ___ 10:00-11:30am Tue/Fri
- FULL** 12:00-1:30pm Wed/Fri
- ___ 12:00-1:30pm Mon/Wed

EVENING SESSIONS

- ___ 4:00-5:30pm Mon/Wed
- ___ 4:30-6:00pm Tue/Thu
- ___ 5:30-7:00pm Tue/Thu
- FULL** 6:00-7:30pm Tue/Thu
- ___ 6:00-7:30pm Mon/Wed

The other days of your workout schedule will be based around classes within a 4 hour time frame (5am – 9am, 9am -1pm, 4pm – 8pm).

Did you participate in the Spring Lose Dat? Yes No Trainer Preference: _____

If possible I would like these other challengers on my team: _____

I will need **childcare** during my workout sessions: Yes No

Names/Ages of Children: _____

Will your children be NEW to childcare or are they already coming on a regular basis? NEW! Already coming

My short term weight goal (amount of weight you want to lose during this program): _____

My long term weight goal (your ideal healthy weight): _____

PLEASE SUBMIT A "BEFORE" PICTURE WITH YOUR APPLICATION (or email it to jhudson@myfrancos.com)

Best way for my trainer to communicate with me:
 phone text email Facebook

For more information contact Julie Hudson at 792-0247 or Mark Bascle at 792-0251

Program Payment:	\$35 Registration Fee collected (date and time) _____
	\$507 total <input type="checkbox"/> Check # _____ <input type="checkbox"/> Cash <input type="checkbox"/> Credit Card
	<input type="checkbox"/> 3 monthly payments Sept/Oct/Nov of \$169 on account # _____ (business office)
Personal Trainer:	_____ Day & Time of Session: _____

PAYMENTS

This program will fill up quickly so we are collecting a \$35 non-refundable registration fee, first-come, first-served to hold your spot! If you are charging to your account your monthly program fee of **\$169 will appear on your September, October and November dues draft**. If there are spots available & you register *after August 31st* the 1st month must be paid by cash, check or credit card, then you will be drafted in October & November. **Int'l**

REFUNDS / TEAM CHANGES

This program has very limited space and there will be many on the “waiting list” to get in. Once the program begins we cannot add anyone to it so there are **NO refunds after this program has started**. It would not be fair to the people on the waiting list to drop out after one month. This is a 3-month commitment. **Int'l**

TRAINING SESSIONS

This program includes two **(2) training sessions with your group led by your trainer** and one **(1) fee-based program per week** (TRX, Cardio Tennis, Pilates Reformer, Sports Performance, etc). If you choose to do additional fee-based classes then applicable fees will apply (*for instance, if you decide you want to do 2 Cardio Tennis classes a week you will be charged an additional \$10 by the Tennis Department*). You will have one day with your trainer for 1 ½ hours that will consist of a weigh-in (see “Weigh-In” section), journal review and Q & A with your trainer followed by your one hour group training session. The other training sessions will be one hour.

CLASS SCHEDULES

The other two classes on your weekly schedule are based on existing group exercise classes or classes added especially for this program. You are encouraged to go to those classes because it is more fun to workout as a group but feel free to try other classes on the schedule or workout on your own. This program is about getting you out of your comfort zone and trying new classes and activities that will make you a healthier person in the long run but we understand that you might not “like” certain classes for one reason or another. If you do not attend a certain class with your group the important thing is that you “do” something- come to your scheduled class, show your group that you are there and are in it to win it, then go do another activity that will help you and your group have a good weigh-in!

WEIGH-INS

The weigh-ins are done on our Tanita Body Composition Analyzer scale which calculates your weight, body fat %, fat-free mass, total body water weight and fat mass weight. This scale sends out a very weak electric current to measure impedance (electrical resistance) of the body so you will need to weigh in with bare feet. Since impedance fluctuates in accordance with the distribution of body fluid, please observe the following instructions for accurate measurements: Avoid vigorous exercise within 3 hours before weigh-in, hold both arms straight down when holding onto the analyzer handles, try to measure around the same time of day each week, ensure your arms are not touching your side and that the inner thighs are not touching each other, make sure the soles of your feet are dry and free of excess dirt. False results are reported after excessive food/fluid intake or after periods of intense exercise. If you have a Pacemaker or other internal medical device you cannot use this equipment but will be weighed in on a traditional scale and have your body fat % taken by calipers.

This challenge is based on percentage of weight lost. Each week the tracking chart board will reflect the “average” of your teams weight lost. Also, the participants with the highest weight loss are posted on the board. Your weight will be kept private throughout the entire process, however your loss in pounds will be posted if in the top 20. You are encouraged to follow a safe and healthy weight loss of 2 – 3 pounds a week. Keep in mind that muscle weighs more than fat so you might see a weight gain while still losing body fat, don't get discouraged.

CHILDCARE

Your children must be on your family membership in order to receive 2 hours of complimentary childcare per day. All Franco's Childcare policies and reservation procedures apply for participants of this program including additional fees for extended care and advance reservations for children under 2, however if your trainer meets off-site for a workout you do not have to pay “off-site” childcare fees. Free childcare is offered for the Finale Party.