

# 2026 "POUND THE POUNDS" TEAM WEIGHT LOSS COMPETITION

**RECRUIT YOUR FAMILY, FRIENDS, CO-WORKERS!**

*Minimum 6 Teams required*

**>> DON'T JUST  
DREAM IT,  
GO GET IT!**

*Earn points for your Team  
through weekly weigh-ins,  
workouts & challenges!*

## **COMPETITION DETAILS:**

### **REGISTRATION DEADLINE**

**FRIDAY, JANUARY 2<sup>ND</sup>**

### **CONTEST START DATE**

**WEDNESDAY, JANUARY 7<sup>TH</sup>**

### **FIRST WEIGH-IN**

**WEDNESDAY, JANUARY 7<sup>TH</sup>**

### **CONTEST DATES**

**JANUARY 7<sup>TH</sup> – MARCH 4<sup>TH</sup>**

### **LAST WEIGH-IN**

**WEDNESDAY, MARCH 4<sup>TH</sup>**



### **FEES**

**MEMBER:**

**\$ 50**

**NON-MEMBER:**

**\$100\***

*\*included full use of Fitness  
Center during Challenge*

### **MORE INFO...**

- Sign up as a Team of 4 or Individually & be matched up
- All weigh-ins on Wednesdays
- Starting & Ending BCA included
- Cash prize for 1<sup>st</sup> & 2<sup>nd</sup> Place Teams
- Prize for 1<sup>st</sup> Place Female & Male with highest % of Weight Loss (based on BCA)