

WEIGHT WARS RULES

January 6 – March 29, 2025

1. To Participate, must REGISTER/PAY for incentive **by Saturday, January 11, 2025**. Cost is \$10.00
2. Must complete **INITIAL WEIGH-IN** and **FINAL WEIGH-IN** to eligible (***No exceptions***)
 - a. **INITIAL Weigh-in Dates:** Monday, January 6 – Saturday, January 11
 - b. **FINAL Weigh-in Dates:** Monday, March 24 – Saturday, March 29
3. Shoes must be off and wearing t shirt and shorts or leggings for Weigh-ins.
4. *6 WINNERS TOTAL; Top 3 Males & Females with the Highest Percent Weight Loss WINS!
 - a. Calculation used to figure out weight loss for Incentive is as follows:
Starting weight minus current weight) / (Starting weight) x 100 equals % of body weight loss.
5. *12 WINNERS TOTAL for WEEKLY BONUS BATTLES.
 - a. CHECK-IN minimum of 3x week to be entered into Weekly Prize Drawings.
 - b. Winners will be announced weekly
6. MUST have at least 24 check-ins TOTAL during the 12 week challenge to be eligible to win one of the final 3 prizes.

*Winners may be subject to tax. All winners will be required to fill out a W-9 form per Oneida policies. Oneida Employees will be subject to tax for the value prize; Oneida Enrolled Members will be subject to tax once value of prize(s) collected at Oneida Family Fitness reach \$600 or more in a tax year.