

Butterfly Life's Biggest Loser Challenge!!

Challenge Dates:

This challenge will last twelve weeks and will begin on Monday, January 18th and end on Saturday, April 10th

****Before the Challenge Begins Each Participant Should:**

- Make a personal weight loss goal and write it down on your card (this goal can be pounds, inches or percentage of body fat that you would like to lose in the 12 week period)
- Have photo taken that will be posted on club thermometer
- Have starting weight & measurements taken

Challenge Card:

Each challenge participant will have their own challenge card to complete over the course of the twelve weeks. At the end of each workout, a staff member will initial the workouts that have been completed on the challenge card. This card will be kept in the club at the front desk.

The challenge card will also act as a guide for participants to let you know which activities you need to be doing in order to complete the challenge. There will be activities to be completed each week as well as some activities to be completed each month. Also each participant will need to attend 2 Saturday Club Hikes and 3 of the 4 Health Program Workshops given by Dr. Hightower over the course of the 12 week period.

****Each Week:**

- **Complete 4 Group Exercise Classes or 30-Minute cardio sessions**
- **Complete 2 Circuits**
- **In place of 3rd circuit Complete 30 minutes of Functional Training Exercises (shown in the functional training book)**
- **Complete a 7-Day Food Journal**
- **Bi-Weekly Weigh-In...**

Weigh-Ins are to be done during weeks 2,4,6,8,10 & 12 (as shown on the challenge card)

****Each Month (3x throughout the duration of the challenge):**

- **15 minutes of TRX exercises (shown in TRX book)**
- **15 minutes on the treadmill or elliptical**
- **15 minutes of kettlebell (Not certified?? See us for certification details or replace with TRX exercises)**
- **10 minutes of punching on the punching bag**
- **5 minutes of rope intervals**
- **Have measurements taken**
- **Bring in one health tip that you find interesting**

****During the Challenge:**

- **Participate in 2 Saturday Club Hikes**
- **Attend 3 Health Program Workshops:**
Tuesdays Evenings at 6pm: Jan 12th, Jan 26th, Feb 9th, Feb 23rd

Club Goal: Your weight loss will be tallied on the club goal exercise bike thermometer. Each pound that is lost during your bi-weekly weigh-ins will help to fill the club thermometer. If the thermometer is filled by the time the challenge ends, the club will receive a new exercise bike!!

Personal Goal: As a challenge participant, you will be working toward:

- Completion of the activities listed for each week & month.
- Meeting your personal weight loss goal (lbs, inches or % body weight/body fat).

Biggest Loser: The participant who loses the highest percentage of weight loss will be the club's **Biggest Loser!!**

****There are prizes!! Grand prize for biggest loser and small prizes for those who complete their challenge cards.****