

WEIGHT LOSS FUNDRAISER

IT'S TIME TO GIVE "LESS OF YOURSELF" TO THOSE YOU LOVE!

The website needs as many people as possible that want to **lose some weight** after the holidays and in turn, raise monies for the **WHS.CC Scholarship Fund** which awards scholarships and computer hardware annually to graduating seniors at **WHS**. Your participation is needed and appreciated! Help us help you help us!

INFO/RULES

Begins – Sat. Jan. 16, 2010 ** Ends – Sat. Apr. 10, 2010

WEIGH-INS (3 Total)**

Initial Weigh-In: Sat. Jan. 16, 2010 @ WHS (8am-10am)

Guidance Office Near Front (Flag Pole) Entrance

Mid-Way Weigh-In: Sat. Mar. 06, 2010 (8am-10am)

Guidance Office Near Front (Flag Pole) Entrance

Final Weigh-In: Sat. Apr. 10, 2010 (8am-10am)

Guidance Office Near Front (Flag Pole) Entrance

**** If you can't make the "specific dates and times for weigh-ins", you can arrange with Fundraiser Director for an earlier or later time to weigh.**

Whether you want to lose 5 lbs or 50 lbs. we want you on board! Get with 2 friends, or 2 family members, or 2 co-workers, or 2 anybody's - form your team and each of you secure at least five individuals to pledge "per lb. lost per that individual" dollars on your behalf and turn in completed **PLEDGE FORMS (Scroll Down) no later than initial weigh-in on Jan. 16th.**

OTHER INFO

***Participant's total weight will never be revealed.**

***Pounds lost (or gained) will be posted at www.wellington.cc website)**

***Weight Gain Penalty – at 2nd weigh-in on March 6th and then Final weigh-in April 10th, if your weight exceeds the "previous" weigh-in weight, you must pay a **\$5 "per lb over"** fine.**

***Each participant is required to pay a \$5 participation fee – this money will help cover prize expenses for the winning "team" at final weigh-in on April 10, 2010.**

***The **TOP TEAM** (best overall **combined** "percentage" weight lost as a team at time of final weigh-in) - each TOP TEAM individual member will**

receive a nice "dinner for 2 package" at a local establishment and also feel the "most pleasure" perhaps for helping out this coming Spring's WHS 2010 Graduates the most!

***Your method of weight loss is for you to determine. Please consult with your personal physician for the best weight-loss approach for you!**

INITIAL WEIGH-IN: Jan. 16th, 2010 – Bring your participation form, your pledge sheets, (both are below and printable), your \$5 entry and your determination to lose some weight and keep the weight off.

This is a great opportunity to improve your health and **assist graduating seniors at WHS**. We hope the incentives built into the fundraiser will assist you in realizing your personal weight loss goal and establish a new lifestyle that will allow you to keep the pounds off after all the hoopla dies down. We also hope you and your TWO teammates have some fun with it as well!!

Now is the time to start losing and help out some great students at **WHS** at the same time – you need us – we need you – email your intent to participate and we'll see you on Jan. 16th, 2010 – THANKS!

Bring the completed forms below and your \$5 participation fee to the initial weigh-in Jan. 16th @ **WHS** – see ya there!!! **The more money you can get pledged for every pound lost, the more incentive there is for you to lose the weight!**

JANUARY 16, 2010 REMINDERS

Weigh-In at WHS between 8am-10am – Guidance Office near front (flag pole) entrance at high school.

Bring with you to the weigh-in:

- *\$5.00 Participation Fee**
- *Completed Participation Form**
- *Completed Pledge Sheets (at least 5 if possible please-the more pledges you get the more incentive for you to lose weight!)**

"LESS OF YOURSELF"

PLEDGE SHEET

(Begins Sat. Jan. 16, 2010 – Ends Sat. Apr 12, 2010)

RULES / FORMS available at www.wellington.cc

If you'd like to sponsor someone, please fill out the info below and the participant will bring this completed sheet to initial weigh-in Jan. 16th.

When the contest ends, you will be billed for the amount you pledged based on the "# of lbs lost" by the individual participant(s) you sponsor.

Participants Name _____ Team Name _____

Sponsor's Name _____

Address _____

City _____ State _____ ZIP _____

Phone # _____ E-MAIL _____

PLEDGE SIGNATURE _____

I (sponsor named above) pledge \$ _____ for every pound the participant (named above) loses during the "LESS OF YOURSELF" weight loss fundraiser. **ALL MONIES generated will go towards new computer equipment and scholarships for this year's WHS graduating class. (2010)**

"LESS OF YOURSELF"

Participant Registration 2010

Participants Name _____

Address _____

City _____ **State** _____ **ZIP** _____

Phone # _____ **E-MAIL** _____

Entry Fee Paid (\$5) () Yes () No

BRING the above participant registration form with \$5 entry fee and your completed pledge forms (at least 5 please) to the **INITIAL WEIGH-IN on Jan. 16th, 2010 @ WHS, in the Guidance Office between 8am-10am - (Use Main WHS Entrance near flag pole)** – Email me with your intent to participate please so we'll have some idea who's on board and we can also remind you as Jan. 16th draws nearer – steven.sturgis74@gmail.com

Every PLEDGE you get really adds up in the end – **GOOD LUCK – THANKS!!!**