

Biggest Loser Competition

Wednesday, Oct. 7, 2026 – Wednesday, April 7, 2027



Build healthier habits with encouragement and support from your coworkers.

Individual weights and weight changes will remain confidential.

Competition Prizes

Award	Prize
First Place	\$100 Gift Card
Second Place	\$50 Gift Card
Most Consistent Female Participant	\$25 Gift Card
Most Consistent Male Participant	\$25 Gift Card

Monthly Weigh-Ins

- **Time:** 11 a.m.-1 p.m.
- **Location:** Concession stand in the gym, used as a private weigh-in area
- **Dates:** Oct. 7, Nov. 4, Dec. 2, Jan. 6, Feb. 3, March 3, and April 7
- **Attendance:** Participants who miss two scheduled weigh-ins will be removed from the competition.

Important Dates

Wellness Fair: Friday, Sept. 25, 2026

First Official Weigh In: Wednesday, Oct. 7, 2026

Final Weigh In: Wednesday, April 7, 2027

Winner Announcement: Pete's Panther Palooza, anticipated Thursday, April 29, 2027

Small changes add up. We can do this together!