



## “FAT 2 FIT” FALL – 8 WEEK CHALLENGE

GALLATIN CIVIC CENTER

September 11 – October 30, 2021

**Fee: \$55.00 Sign up at Gallatin Civic Center**

**Age Limit: 12 years and up**

**Class Size: The class will be limited to a maximum of 15 contestants**

### Challenge Format:

- Contestants will meet on Saturdays beginning Sept. 11th from 7:00-8:45am in the upstairs aerobic room of the Gallatin Civic Center. Contestants must attend 5 classes to be eligible to win. You must be present on the last day of the challenge to win.
- Contestants will be challenged for 8 weeks to achieve fitness and health goals. Fitness and meal plans will be given throughout the 8 weeks.
- There will be 2 individual winners.

### Award Criteria:

Percentage of overall weight loss.  
 Weight Loss  
 Body inch loss

### Contestants Will Receive:

T-Shirt / Meal Plan / Workout Plan

### What to Wear and Bring:

Workout clothes  
 Towel and water bottle

### At the first Class contestants will:

Be Weighed  
 Have body measurements taken  
 Fill out health assessment form  
 Be given other requirements and helpful information pertaining to the challenge  
 Questions before the 1<sup>st</sup> class? Contact Paul Jack (see contact info below)

**\*At the time of sign-up, contestants must schedule a fitness assessment consultation with Paul Jack.**

**Paul can be contacted at IM: Pajfitness Email: pajfitness@gmail.com Gallatin's Biggest Loser's Facebook Page**

When starting any exercise or nutrition program, please first check with your physician.  
 Please complete the bottom portion of this form and return it and the fee to the Civic center front desk.

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**2021 “Fat 2 Fit” Fall Challenge  
 Sept. 11 - Oct. 30, 2021**

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ SHIRT SIZE \_\_\_\_\_

Best Contact Number \_\_\_\_\_ Email Address \_\_\_\_\_

FEE: \$55.00 CK [  ] \_\_\_\_\_ CASH [  ] CREDIT CARD [  ] CC \_\_\_\_\_