BIGGEST LOSER

Competition Rules:

1. Must work within the MUSC Children’s Hospital.
2. Each person enrolled will be grouped into a team by unit.
   a. Participants will be competing both as a team and as individuals.
   b. If you don’t work within a unit, you can pick one or be assigned to one.
   c. The units are:
      7A, 7B, 7C, 8D, 7E, PICU, PCICU, NICU, Special Care Nursery, ED
3. Participate in first weigh-in on January 17th (7:30-8:30am) or January 18th (11:30am-12:30pm) in Room 738 North Tower.
   a. If you’re unable to weigh-in on these days, you may have your initial weigh in be the second or third weigh-in to still be considered as a participant in the competition and eligible for grand prize (you will also receive participation credit for the overall participation prize for the Children’s Hospital Wellness Initiative).
   b. You will still receive participation credit in the overall Children’s Hospital Wellness Initiative if you join the competition after the 3rd weigh-in. The CHWI has an overall participation prize.
4. Participate in weekly weigh-ins Thursdays or Fridays on official scale located in hallway of 7E between the nurses station and the 7033 conference room. You must email your weight each week to brochel@musc.edu by Monday of each week.
   a. If unable to make weekly weigh-ins, you will be permitted up to 2 non-official weigh-ins. Use the honor system and weigh-in at home or your gym and email brochel@musc.edu your weight. Weight must be reported whether participant gained or lost weight.
5. Competition ends on Friday March 29th.
6. The winners will be based on greatest percentage of weight lost.
   a. There will be one winning team, and each team member will receive a well-deserved prize!
   b. There will be one winning individual named The Biggest Loser, receiving an exciting grand prize of their own!
7. Even though it is a competition, participants are to keep it fun and encouraging. After all, every participant is in this weight loss journey together!!

www.musc.edu/leanteam/chwellness
www.facebook.com/boeingcenter
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