

Palomar College FALL 2008 "Biggest Loser" Competition

Teams of 4, \$60/team

Make a team name

Contact Teri Wallace to sign-up
your team prior to September 15th

Kick-off party and 1st weigh-in
Wednesday September 17th

Weekly weigh-ins 8-11am every
Wednesday in SW-19 (on pool deck)

10 week challenge: 9/17, 9/24, 10/1,
10/8, 10/15, 10/22, 10/29, 11/5,
11/12, 11/19

During spring semester we had 15
teams of 4 with some very creative
names and as a group we lost an
amazing 487lbs!!!

T
Together
E
evaluating
A
assessing
M
managing
L
life
I
improvements
F
for
E
employees