

CB 500 RACE TO THE FINISH



RULES AND REGULATIONS

- **THE CB 500 WEIGHT LOSS PROGRAM STARTS MAY 4TH 2009-
JANUARY 31ST 2010.**
- **CHOOSE A PARTNER; THIS WILL BE YOUR PARTNER DURING THE
ENTIRE “RACE” (IF YOUR PARTNER DROPS OUT YOU WILL STILL
BE EXPECTED TO CONTINUE. THEIR PERCENTAGE WILL BE
CARRIED THROUGH OUT THE REMAINDER OF THE “RACE”)**
 - **CHOOSE A NAME FOR YOUR TEAM**
- **ATTEND THE INITIAL WEIGH IN (WEIGHT WILL BE COMBINED
WITH YOUR PARTNER)**
- **YOU NEED TO WEIGH YOURSELVES MONTHLY AND REPORT IT
TO YOUR WELLNESS COORDINATOR (AKA. “PIT STOPS”)**
- **THE TEAM WITH THE HIGHEST PERCENTAGE LOST WILL BE THE
WINNER. THE FINAL WEIGH IN WILL BE HELD ON FEBURARY 1ST.**

2010.

- **THE WINNING TEAM WILL RECEIVE TWO TICKETS EACH TO
THEIR CHOICE OF A PATRIOTS FOOTBALL GAME, RED SOX
BASEBALL GAME OR A NASCAR RACE IN NEW HAMPSHIRE.**

GOOD LUCK!!

Our goal with the CB500 is to have A Company combined total of at least 500 pounds weight loss.