

YMCA of Darke County

Inch by Inch . . . Pound by Pound

Weight Loss Challenge

NEW and IMPROVED for 2010!

Greenville

Dear Participant,

Congratulations on taking the first step towards losing weight and leading a healthier lifestyle. You should be proud of your decision to get healthy and fit. The contest will run from **January 4 – April 10, 2010**, and is designed for those who need to lose weight and would like some support, education and a little competition to take charge of their health. Remember, you will get as much out of this as you put into it, and you could be the winner! This is a commitment.

In this packet you will find several pieces of information to get you started:

- **Official Registration Form**-must be completed, signed and turned in upon registration.
- **Program Guidelines**-gives you the details on the different aspects of the program (if there are any changes to the schedule you will be informed).
- **Nutrition Analysis Form**-with your participation in this contest you will receive a complimentary Nutrition Analysis. This must be turned in on or before your scheduled fitness assessment.
- **Activity Calendar**-lets you know the various activities planned for you to attend. They include scheduled weigh-ins.

As part of the program you will receive:

- **Fitness and Nutrition Journal**-to keep track of your food intake and exercise, which also contains handy information on portion sizes and nutrients including calories, fat, carbohydrates and protein in common foods. Included in your packet.
- **T-shirt**
- **Health Assessment** – including initial and final weigh-ins, height, weight, BMI, body fat analysis, and measurements. The initial and final weigh-ins is required and mandatory!
- **Satisfaction of knowing you are doing something good for yourself!**
- **All participants will have access to the cardio room while participating in the Inch by Inch . . . Pound by Pound Program.**

We at the YMCA look forward to your participation! If you have any questions, *please* feel free to contact:

Darla Sutherland – Health & Fitness Director
YMCA of Darke County
301 Wagner Ave.
Greenville, OH 45331
(937) 548-3777
(dsutherland@ymcadarkecounty.org).

YMCA of Darke County
Inch by Inch . . . Pound by Pound
Weight Loss Challenge
Official Registration Form

First Name _____ Last Name _____

Birthdate _____ Age _____ Female _____ Male _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work _____

Cell Phone _____

T-shirt size (please circle) S M L XL XXL XXXL

Please list the goals you hope to achieve by the end of this contest (be specific):

Emergency Contact Information

Name _____ Phone _____

Relationship _____

AGREEMENT TO PARTICIPATE

Waiver: In signing this form for myself, I understand and agree to hold harmless the YMCA of Darke County and all Sponsors of blame for any injury, harm, loss or inconvenience in any of the activities associated with this event.

Signature _____ Date _____

Please Return this Paper to the Front Desk

Program Details

The initial weigh-in and Fitness Assessment is required and needs to be scheduled through the front desk during the following dates and times:

Monday, December 28—Wednesday, December 30:

9:00 am-12:00 pm *or* 5:00-8:00 pm

Thursday, December 31

9:00 am-11:00 am

Saturday, January 2

9:00 am to 12:00 pm

1. Please plan on approximately 20 minutes on your initial weigh-in, which will include: height, weight, BMI, body fat analysis, and measurements. For this assessment, you want to wear shorts and a t-shirt. *If you cannot make any of these times for your initial weigh-in, please contact Darla Sutherland, Fitness Director at the YMCA at 937-548-3777.*
2. In order to be the winner of Inch by Inch Pound by Pound weight loss program, or to receive any gift prizes, you must have the first and final fitness assessments. You must be active by participating in the workshop and nutritional sessions and classes. The program will run from Monday, January 4 through Saturday, April 10. The program includes weigh-ins, a fitness assessment, a nutritional assessment, a fitness and nutrition journal, an exercise program (Chisel) and informational workshops as well as topics that will help you on your weight loss journey. You will work with our newest employee Molly Cantrell, DTR, on all of your nutritional needs. You will also hear the stories of others who have been where you are and have succeeded. They'll give you some great tips and advice on things that worked and that didn't work!
3. Weigh-ins will be offered every other week after your classes by your instructor. **All information is confidential.**
4. You should be at least 25 lbs over weight to participate in this program. If you are taking the program just for the classes, please allow those that are truly in need to the program to sign up first.
5. The final weigh-in is required and will follow immediately after your last class from April 5 - through April 10. You can schedule your final fitness assessment at the front desk at the Greenville YMCA. Plan on approximately 20 minutes for your weigh-in, measurements and final body fat analysis. *If you cannot make it during this time, please contact Darla Sutherland, Fitness Director at the YMCA at 937-548-3777.*
6. The participant with the greatest percentage of weight loss, not necessarily the participant who loses the most weight in pounds. For example: Billy weights 210 pounds at the beginning of the contest and loses 20 pounds, for an ending weight of 190 pounds. Billy has lost 10.5% of his body weight. Tim weights 250 pounds and loses 25 pounds, for an ending weight of 225 pounds. Tim has lost 10% of his body weight. Billy will win with a greater percentage of weight loss.

- 7 The entry fee is \$50 for YMCA members and \$150 for non-members. No refunds will be given for any reason once a participant has been registered for the program. All participants must fill out the Official Registration Form and Waiver complete including email, signature and date. If you decide after you have completed the program and you are a non-member you can use that money towards your joiners fee to a new family membership.
- 8 Twice a week, you will need to attend a Cardio-Strength workout known as “*Chisel*.” You only need to attend two of them. **These workouts are an hour per session, or if you feel an hour class is too much for you, use the attached coupon for other available classes that will go with this program.** These classes are designed for you to work your body to burn the maximum amount of calories possible. So, come prepared to work out!
- 9 There will be workshops to help you on your road to success. Take advantage of these educational and informational sessions as much as possible. Any extra printed material from the event will be available at the time of the meeting.
- 10 A personalized Nutrition Analysis will be conducted for every participant and will be given out at the first workshop. ***It must be turned in at the time of your first fitness assessment. No exceptions. This is not required for the contest.*** Packets of detailed information are available at the Front Desk.
- 11 Rules are subject to change as deemed necessary by Darla Sutherland.

Please turn in at time of weigh ins!

Name _____ Male _____ Female _____

Age _____ Height _____ Weight _____

Please indicate your current physical activity level:

_____ **Sedentary:** if you perform activities of daily living only which refers to those related to independent living such as preparing meals, managing finances, shopping for groceries or personal items, performing light housework, and using a telephone.

_____ **Low Active:** if you perform activities of daily living and other activities up to 3 days per week such as slow walking, golf with a powered cart, swimming (slow treading), gardening or pruning, bicycling with very light effort, dusting or vacuuming, light exercise or light stretching.

_____ **Active:** if you perform activities of daily living and other more vigorous activities 3-5 times per week such as brisk walking, golf while carrying clubs, swimming, recreational activities, mowing the lawn, tennis (doubles), bicycling with moderate effort, scrubbing floors or washing windows or weight lifting including nautilus or free weights.

_____ **Very Active:** if you perform activities of daily living and other intense activities 5-7 times per week such as running, swimming, soccer, football, basketball, bicycling with intense effort, tennis (singles), or working in a job requiring intensive physical labor.

If you checked you are low active, active or very active, please describe what types of activities you engage in, for how long and how often:

Please answer the questions to the best of your ability and be as specific as possible.

How many times per week do you eat out?

What do you normally eat when dining out?

Are you currently following any special diets? If so, please describe.

Do you feel your diet is nutritionally balanced?

Do you normally eat:

Breakfast? yes no

Lunch? yes no

Dinner? yes no

Snacks? yes no morning? afternoon?

Please list any prescription medications you take:

Please list any non-prescription medications you take:

FOOD RECORD

On the following page is a food log. Please log your food and drink intake for one full day. Try to eat as you normally would, as this will help personalize your nutritional needs and changes.

The chart consists of time, food, quantity, and methods of preparation. For methods of preparation please indicate any specific details about the food, such as how it was cooked or if it was fast food.

Once again, please log your food intake on a normal day, not when you are trying to change any habits!

December 2009 Inch by Inch Greenville

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 Weigh-Ins & Measurements 9-12 PM – 5-8 PM	29 Weigh-Ins & Measurements 9-12 PM – 5-8 PM	30 Weigh-Ins & Measurements 9-12 PM – 5-8 PM	31 Weigh-Ins & Measurements 9-11 AM		

January 2010 Inch by Inch Greenville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 YMCA of Darke County closed! Happy New Year!	2 SCHEDULE WEIGH-INS AND MEASUREMENTS 9-12 PM	3
4 Chisel Class 9-10 AM	5 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	6 Chisel Class 9-10 AM	7 Chisel Class 6:45 – 7:30 PM	8 Chisel Class 9-10 AM Nutritional Workshop/ Support Group 10:05 AM	9	10
11 Chisel Class 9-10 AM Weigh in Week	12 Chisel Class 6:45 – 7:30 PM Weigh in Week	13 Chisel Class 9-10 AM Weigh in Week	14 Chisel Class 6:45 – 7:30 PM Weigh in Week	15 Chisel Class 9-10 AM Weigh in Week	16	17
18 Chisel Class 9-10 AM	19 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	20 Chisel Class 9-10 AM	21 Chisel Class 6:45 – 7:30 PM	22 Chisel Class 9-10 AM Nutritional Workshop/ Support Group 6 PM	23	24
25 Chisel Class 9-10 AM Weigh in Week	26 Chisel Class 6:45 – 7:30 PM Weigh in Week	27 Chisel Class 9-10 AM Weigh in Week	28 Chisel Class 6:45 – 7:30 PM Weigh in Week	29 Chisel Class 9-10 AM Weigh in Week	30	31

February 2010 Inch by Inch Greenville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Chisel Class 9-10 AM	2 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	3 Chisel Class 9-10 AM	4 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	5 Chisel Class 9-10 AM	6	7
8 Chisel Class 9-10 AM Weigh in Week	9 Chisel Class 6:45 – 7:30 PM Weigh in Week	10 Chisel Class 9-10 AM Weigh in Week	11 Chisel Class 6:45 – 7:30 PM Weigh in Week	12 Chisel Class 9-10 AM Weigh in Week	13	14
15 Chisel Class 9-10 AM	16 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	17 Chisel Class 9-10 AM	18 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	19 Chisel Class 9-10 AM	20	21
22 Chisel Class 9-10 AM Weigh in Week	23 Chisel Class 6:45 – 7:30 PM Weigh in Week	24 Chisel Class 9-10 AM Weigh in Week	25 Chisel Class 6:45 – 7:30 PM Weigh in Week	26 Chisel Class 9-10 AM Weigh in Week	27	28

March 2010 Inch by Inch Greenville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Chisel Class 9-10 AM	2 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	3 Chisel Class 9-10 AM	4 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	5 Chisel Class 9-10 AM	6	7
8 Chisel Class 9-10 AM Weigh in Week	9 Chisel Class 6:45 – 7:30 PM Weigh in Week	10 Chisel Class 9-10 AM Weigh in Week	11 Chisel Class 6:45 – 7:30 PM Weigh in Week	12 Chisel Class 9-10 AM Weigh in Week	13	14
15 Chisel Class 9-10 AM	16 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	17 Chisel Class 9-10 AM	18 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	19 Chisel Class 9-10 AM	20	21
22 Chisel Class 9-10 AM Weigh in Week	23 Chisel Class 6:45 – 7:30 PM Weigh in Week	24 Chisel Class 9-10 AM Weigh in Week	25 Chisel Class 6:45 – 7:30 PM Weigh in Week	26 Chisel Class 9-10 AM Weigh in Week	27	28
29 Chisel Class 9-10 AM	30 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	31 Chisel Class 9-10 AM				

April 2010 Inch by Inch Greenville

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Chisel Class 6:45 – 7:30 PM Nutritional Workshop/ Support Group 6 PM	2 Chisel Class 9-10 AM	3	4
5 SCHEDULE WEIGH-INS AND MEASUREMENTS 9-12 PM 5-8 PM	6 SCHEDULE WEIGH-INS AND MEASUREMENTS 9-12 PM 5-8 PM	7 SCHEDULE WEIGH-INS AND MEASUREMENTS 9-12 PM 5-8 PM	8 SCHEDULE WEIGH-INS AND MEASUREMENTS 9-12 PM 5-8 PM	9 SCHEDULE WEIGH-INS AND MEASUREMENTS 9-12 PM 5-8 PM	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		