



***Fittest Mama Challenge* Entry Form
January 5 to March 30, 2010**

Please fill out this entry form and mail with the \$50 registration fee to:

One Fit Mama, LLC
903 Edann Rd.
Oreland, PA 19075

Last Name: _____

First Name: _____

Address: _____

D.O.B.: _____ **Age:** _____

Children's Name(s) and DOB (or due date): _____

When did you start attending **One Fit Mama®** Classes? _____

Please note that Prenatal Mamas are eligible to participate for life coaching purposes, but will not be permitted to compete in any weight loss or body fat challenges.

Email address: _____

Phone Number: _____

T-shirt size: (sizes run small) S M L XL Men's XL

Are you interested in being a Team Captain? Yes No

Optional Services

BIA (BioImpedence Analysis) Report - Find out how many calories your body burns every day doing nothing! You will also find out your cell health, water inside and outside of cells, whether you are dehydrated or possibly toxic or overstressed, and your lean body mass to fat mass ratios. Come take your test during your first weigh in. Do it again during the **Challenge** and it will be only \$15. You need to know how many calories you need to be eating each day and you will also want to know if you lost body fat not lean body mass. This simple test will show you everything!

\$25 (regular price is \$40)

Yes No

Healthy Cooking Class – Get a healthy recipe makeover! Submit your favorite recipe, to be reworked with healthier ingredients, then you get to take the recipe home to make for your family! Come cook, eat and leave with a recipe booklet and leftovers! \$25 (usually \$40) per person includes recipe makeover, cooking and recipe booklet.

Yes No

Are you interested in hosting this workshop in your home? Yes No

Blow Dry Class – Beauty by Meg English will teach you how to put the finishing touches on your brand new look in the spring! Learn which dryer, brushes, etc. to use, and receive hands-on Instruction from a pro! - \$20

Yes No

Please include fees for optional services in entrance fee payment. These workshops have limited space, and are offered on a first-come, first-served basis. Your fee for optional workshops will be refunded if there is not space available in a class for you at the time of registration.

Name: _____

Date: _____

I agree to all conditions stated in the **Fittest Mama Challenge** guidelines. I will follow all rules made and directions given by **One Fit Mama®** and each of its respective agents, representatives, and employees in connection with the activity.

I understand that the winners chosen will be at the sole discretion of **One Fit Mama®** and all decisions will be final. Winners will be chosen holistically based on weight loss, body fat loss, changes in BMI, nutritional intake, lifestyle changes, and Fitness/Nutrition Logs submitted.

I represent and warrant that I am in good health and that I have no medical, physical, or emotional condition that might interfere with my ability to engage in activity.

I represent and warrant that I am not under the influence of any medications, drugs, or other substance that might impair my physical or mental ability to engage in this activity or that might impair my judgment while engaging in activity.

I understand that I will not be paid any money or given any other consideration for signing this agreement.

MY PARTICIPATION IN THIS ACTIVITY IS AT MY OWN RISK. I FULLY RELEASE **ONE FIT MAMA®**, AND ALL OTHERS CONNECTED WITH THIS PROGRAM FROM ANY AND ALL LEGAL LIABILITY FOR CONSEQUENCES RELATED TO MY INVOLVEMENT IN THE **FITTEST MAMA CHALLENGE**.

I will participate in bi-weekly weigh-ins and workshops.

I understand that strenuous exercise and dietary changes may be hazardous for persons who are overweight, have high blood pressure, are over 30, have undiagnosed health problems, or have not participated in a regular exercise program. I further understand that **Fittest Mama Challenge** participants are encouraged to consult their physician before taking part in this program or before making any changes to dietary and exercise routines.

I have read the above statements and agree to follow them.

Signature: _____

***Waiver for picture taken*:**

I am willing to have my picture taken and posted on the **One Fit Mama®** website, along with my name and statistics. **One Fit Mama®** shall have the right to use my appearance and biographical information in any and all media.

Signature: _____

This competition is open to all current and new **One Fit Mama®** participants, and is in no way associated with the NBC television show, *The Biggest Loser*.

How have you tried to lose weight?

What is your biggest obstacle with losing weight?

What do you want to do when you lose the weight?

How competitive are you?

How much weight do you want to lose?
