



Contest Length:

May 4th - July 27th (Registration Opens March 15th)

REGISTRATION DEADLINE: May 3rd. Early Bird Registration ends April 15th. No registrations accepted after the contest start date - NO EXCEPTIONS!

Number of Winners:

There will be one male and one female Grand Prize Winner. All remaining participants who complete the program will be eligible for additional prizes. There will be one Top Team.

How to Win:

1. Choose any contestant package
2. Complete the following criteria:
 - o Check in to club and workout 3 times per week.
 - o Weigh in once a week.
 - o Initial Weigh in and “before picture” on first day of contest, May 4th *(see 2nd page for more info)
 - o Final Weigh in and “after Picture” on last day of contest, July 27th.
 - o Complete weekly food journal.
 - o Be the top male or top female to lose the highest % of body weight at final weigh in.
- If there is a tie, the win will go to the highest total amount of pounds lost. The same person cannot win 1st place in the contest more than once unless weight loss is cumulative, or it has been 5 years or more. In order to win any prizes, participants must fully meet all requirements of the contest.
3. Top Team Prize goes to the team with the most points at the end of the contest. Earn points for attending class, participating in challenges, losing weight and more!

What you Win:

A Prize package worth over \$1500 will be given to the Top Male and Top Female who completes all of the criteria and has the largest % of weight loss. A list of prizes will be posted. Prizes are dependent on sponsors!

*Separate prize packages for 2nd and 3rd places, Top Team.

Summary

Use the contest to inspire and motivate you for real, permanent changes! Many think they cannot succeed, but with the right tools you can be successful. This contest is intended for people who want to lose weight and will follow all criteria of the contest. Each new participant will be required to watch the virtual orientation emailed the week of April 27th. Full contest rules will be included in the email. If you have any questions in the meantime, you can contact:

Erin Faught at efaught@princetonclub.net.

**Classes that occur on Holidays will all have make-up days announced by their Trainers once the contest has started.*

**You may not win the contest or place in the top 3 if you are on glp1 weight loss drugs. You may still participate though!*

CONTEST RULES AND REGISTRATION

*Free Before & After In-Body Analysis Scan with Team Challenger and Elite Coaching Tiers.

Contestant Packages

Tier 1: Solo Challenger - Cost: \$129 - CODE: TCSCS Includes:

1. Entry level for participation in the program.
2. Basic Criteria of the contest must be met. Food Journals will be checked for completion weekly only.
3. Education on eating/goal setting for long term success from our nutritional videos/ sessions and optional challenges.

*Weekly Weigh-ins must be verified by a staff member and turned into Erin each week.

Tier 2: Team Challenger

Early bird registration \$239 (\$79.67/ month) (\$259 after Oct 19th)

1. You are led and guided by a Personal Trainer in a group and on a team. This includes a weekly group workout with a trainer and workout plan. Choose one of the class times at the bottom.
2. Receive team nutritional and food journal guidance.
3. Education on eating/goal setting for long term success.
4. Each class is a team. Prizes for Top Team at the end.
5. All Classes start the week of the contest, EXCEPT the Monday classes. The Monday Classes all start on Nov 10th.

*Weigh-ins will be done during the group workouts

*Min. of 5 participants, max of 15-18/ class (depending on classroom size)

Mondays 6:30 am - Trainer Megan - (BOX) CODE: TCS1

Mondays 7:00 pm - Trainer Mackenzi - (BOX) CODE: TCS2

Tuesdays 5:30 am - Trainer Luke - (BOX) CODE: TCS3

Tuesdays 11:45am - Trainer Jacquie - (L.I.F.T. LAB) CODE: TCS4

Tuesdays 4:45 pm - Trainer Jeremy - (BOX) CODE: TCS5

Tuesdays 6:00 pm - Trainer Maddie - (BOX) CODE: TCS6

Wednesdays 6:30 pm - Trainer Amy - (BOX) CODE: TCS7

Thursdays 5:30 am - Trainer Melissa - (BOX) CODE: TCS8

Thursdays 6:30 pm - Trainer Maddie - (L.I.F.T. Lab) CODE: TCS9

Fridays 8:30 am - Trainer Luke - (BOX) CODE: TCS10

*Choose any 2 classes for a discounted early bird rate of \$219/class. 3 or more classes \$209 per class. **Starting April 15th, 2 classes for a discounted rate of \$239 class. 3 or more classes \$229 per class.

Fee can be split into 3 monthly payments. Contact Erin at efaught@princetonclub.net to set up prior to registration.

Tier 3: Elite Coaching Pairs

 - Cost \$663-819/person*

*Fee can be split into payments; cost depends on trainer level Plan for 2 people who would like to train together. Includes:

1. 12, two-on-one personal training sessions (one per week) together with a Personal Trainer of your choice based on availability.
2. Workout planning and food journal guidance.
3. Education on goal setting for long term success.

*Weigh-ins will be done by a trainer prior to workout.

*Please contact Erin at efaught@princetonclub.net if interested in this option prior to signing up.

*Complimentary assessment to take place before the contest with the Trainer you will be working with.

Tier 4: Elite Coaching Individual

 - Cost \$843-\$1083*

*Fee can be split into payments; cost depends on trainer level Includes:

1. 12, one-on-one personal training sessions (one per week) with a Personal Trainer of your choice based on availability.
2. Includes workout planning and food journal guidance.
3. Education on goal setting for long term success.

*Complimentary assessment to take place before the contest with your Trainer.

*Weigh-ins will be done by a trainer prior to workout.

***Please contact Erin at efaught@princetonclub.net if interested in Tier 3 or Tier 4 before signing up.**

INSTRUCTIONS FOR TRANSFORMATION CHALLENGE SIGN UP

1. Register for your choice of SOLO CHALLENGER OR TEAMS CHALLENGER at the Front Desk, through the PC App or online at Member Self Service. See rules sheet for full details. Please note there is a limit of 10-15 people for each Totally Committed class (depends on classroom size) so do not wait to sign up – they fill fast! Registration Deadline is May 3rd (fee increases starting April 15th). Those who would like to do the ELITE COACHING PAIRS or ELITE COACHING INDIVIDUAL should contact Erin first at efaught@princetonclub.net. In fairness to all members, NO REGISTRATION ACCEPTED AFTER THE CONTEST START – No exceptions.
2. Come into the Princeton Club on Monday, May 4th, between 6:30 am and 6:30 pm for your initial weigh-in, before picture, receive your yellow tracker sheet and to complete your pre-contest In-Body Analysis Scan for levels Tier 2 and above. Final Weigh in will be July 27th between 6:30am and 6:30pm.
 - Weights are not announced or displayed and you do not weigh in publicly. You will weigh in and we will record your weight, but it will not be announced or shown to anyone else. Only the % of body weight loss will ever be shown to anyone. Weights are taken with shoes off. Initial weigh in must be with just one shirt and pair of pants/shorts.
 - Pictures – wear fitted clothes for pictures both before and after. This makes it easier to see before and after effects. Many people wear the same outfits before and after which is also a great idea. You are not required to post your pictures unless you are the 1st-3rd place winners.
 - **Each new participant will be required to watch the virtual orientation emailed the week of April 27th (the orientation video will also be posted on the Transformation Challenge website at this time as well). Full contest rules will be included in the email.**
3. Make sure your email address is on the registration form or your Member Self Service account. We do send information before and throughout the contest.
4. All TEAMS TRANSFORMATION group training classes start the week of the contest EXCEPT MONDAY CLASSES. Monday classes will all start on May 11th. Classes that fall on holidays will be rescheduled and announced. Classes that are missed cannot be made up in other classes. Vacation absences are acceptable and will be discussed the first day of the contest.
5. If you have any questions on the contest or would like to split the fee over months, please contact Erin Faught at 414-525-2383 or efaught@princetonclub.net. You MUST attend this first day to get weighed in and get your picture taken. If you are out of town for the first weigh in or last weigh in, contact Erin for options. You must provide proof.

Registration

Register on the PC App, at the Front Desk or online at Member Self Service and choose a Tier. Be sure to notate your email address on the registration form at the Front Desk or update the correct address online on your profile on Member Self Service.

DON'T WAIT TO SIGN UP. CLASSES FILL VERY QUICKLY!

Get ready to join us in a life changing event starting May 4th!

Any questions, contact Erin at 414-525-2383 or efaught@princetonclub.net

NEW MEMBERS ONLY: For anyone joining the club March 20th, 2025 through May 3rd, 2025 receive 20% off registration of any level! Contact Erin at efaught@princetonclub.net to get signed up at this one time special pricing!

Rules and Guidelines

1. You must weigh in once a week. All participants in a class will weigh in with their Trainer. Those who do not have a Trainer will weigh in using the sheet next to the scale in The Transformation Challenge box, having any available employee initial and weigh you in, and leave it in the box for Erin. If you do not weigh in, your weight will be recorded as your initial weight, giving you an automatic 0% weight loss for that week. The first weigh-in will be May 4th from 6:30 am and 6:30 pm with Erin. The final weigh-in will be July 27th between 6:30 am and 6:30 pm with Erin. Everyone must do the first and final weigh-ins. No late final weigh-in accepted. NO EXCEPTIONS! For anyone on vacation or work trips during the initial and final weigh in, contact Erin for options before signing up. Must submit proof of travel.
2. For beginning and final weigh-ins you will wear workout clothes (t-shirt, shorts or workout pants, and socks). Shoes will be taken off and there must be nothing in your pockets at initial and final weigh in.
3. You must check into the club at least 3 times per week (3 separate days, 2 check-ins in one day does not count) every week within the dates of the week listed on the Contest Tracker. The Front Desk will initial the days you check in. No exceptions, except vacations with proof and injury/illness with a doctor's note.
4. You must fill out and complete a weekly food journal. Unless you already journal via a different program, food journals will be tracked through myfitnesspal.com. For those working with a Trainer, you will give it to your Trainer every week at your training session. 25 burpee penalty if you do not turn in on time!
 - For those in the Solo Challenger Group, you will friend Erin (efaught@princetonclub.net). This is to check off that you have been completing your food journal.
5. Team Challenges: Each Totally Committed class comprises a team and will compete for Top Team throughout the contest. All challenges are optional and given on a weekly/biweekly basis for those on teams. Participation in challenges earns points. The person or team that wins the challenge (and potentially a randomly selected person) will earn bonus points for their team.
6. Vacations: If you go on vacation for 4 or more days in a week indicated on the Contest Tracker, you can get a "bye" that week for check-ins but you must provide proof of vacation. You still have to do your food journal and hand it in. You must contact Erin before the vacation, or it will not be accepted. You may not miss the final weigh in.
7. Princeton Club strongly advises all contestants to lose weight safely following healthy eating and exercise habits. There are many resources at the club to assist you with losing weight in a healthy manner. We strongly discourage skipping meals, starving yourself before weigh-ins, or excessive exercising that is unsafe. The contest is meant as a motivational tool to help members lose small amounts of weight over an extended time. If you need help or suggestions on losing weight, please see any one of our Personal Trainers. 5% / week body weight loss is the maximum to be counted between 2nd last and final weigh-ins (last week of the contest).
8. Winner will be determined by the top male and top female to lose the largest % of body weight. If there is a tie, the winner will be determined by who lost the most actual pounds. To qualify for 1st Place, or Top 3 Prizes, all requirements of the contest have to be met with no exception. The same person cannot win 1st Place more than one time unless the weight loss is cumulative (i.e. the same person cannot gain the weight back and lose it to win the contest, weight loss would be in addition to the initial weight loss if safe) or if it has been more than 5 years.
9. All rules are enforced with all participants with no exceptions. It is the participant's responsibility to read and understand the rules. This is to make the contest as fair as possible for all entrants.
10. Be sure Erin has your email address. If you do not receive an email within the first week, check your spam blockers and make sure efrantz@princetonclub.net, and efaught@princetonclub.net are on your accepted sender list. Update emails will be sent out frequently.
11. If you are on a team, hold each other accountable! Plan group workouts, ask each other how their food logging is going, etc. Making these changes together can be motivating and fun!

Updates/challenges/information will also be posted at www.princetonclubbiggestloser.com