



Go Figure Bodybuilding Spectacular, 1 September 2013

BIGGEST LOSER ENTRY FORM

Name of contestant: _____

Sex: Female _____ Male _____ Age: _____

E:mail: _____

Mobile: _____

Name of Trainer/Nutritionist or health professional doing weigh in and bodyfat %:

Name: _____ Signature: _____

Date of first weight in: _____

Weight in kgs: _____ Bodyfat % _____

Date of Final Weigh In: _____

Weight in kgs: _____ Bodyfat % _____



Go Figure Bodybuilding Spectacular, 1 September 2013

Biggest Loser Rules of Contest

1. Participants must be at least 18 years of age.
2. Official Weigh-In and bodyfat % must be done between 15-27 April 2013.
3. You'll need to attach the following two (2) digital photographs of yourself with the registration form. One clear full length photo and A close up headshot.
4. Ideally you should weigh in first thing in the morning. **Be sure to plan ahead and wear similar weight clothing at start and end of your Biggest Loser journey. Changing of clothes at the scale for weigh-ins is not allowed.** All weigh-ins must be recorded at the same location and by the same trainer/nutritionist/health professional.
5. Registration Form and Pics must be sent to lisa@gofigure.co.nz by Sunday 28 April 2013.
6. Final Weigh-In will be between 19-25 August 2013 with the result and final full body and close up headshot pic to be emailed to lisa@gofigure.co.nz by 5pm 25 August 2013.
7. Winner of the Go Figure Bodybuilding Spectacular Biggest Loser must have lost a minimum of 10kg.
8. The winner will be determined by percentage of body fat lost.
9. Winner will be announced at the Go Figure Bodybuilding Spectacular on 1 September 2013.

WAIVER & CONSENT

Participation in the Biggest Loser Contest is voluntary. Participant assumes all risks and liabilities associated with a weight loss effort or regime. Lisa Menzies/Go Figure cannot give medical advice or diagnosis. Participants are urged and advised to seek the advice of a physician before beginning any weight loss effort or regimen. Pregnant women or individuals with any type of health condition are specifically warned to seek professional medical advice prior to initiating any form of weight loss effort or regimen. Participants also authorise Lisa Menzies/Go Figure to use photographs submitted for the Biggest Loser Contest on the Go Figure site or for any other Go Figure promotion.

Having read this waiver and knowing these facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf:

1. *Waive and release Lisa Menzies/Go Figure (and all representatives, successors and assigns) and all sponsors, their representatives, successors and assigns from all claims and liabilities of any kind arising from my participation in the Biggest Loser Contest.*
2. *Authorise Lisa Menzies/Go Figure to use photographs submitted for the Biggest Loser Contest on the Go Figure site or for any other Go Figure promotion*

Print Name: _____ **Signature:** _____

