**Boot Camp Challenge Application**

**To be eligible to participate in the Boot Camp Challenge you must meet the following qualifications:**

1. Must be a UALR student, faculty/staff or a current member of the Fitness and Aquatics Center.
2. Must be a minimum of 24 lbs. overweight according to the Body Mass Index Chart.
3. If any health issues exist, you must get clearance from your physician to start this workout program.
4. Must be able to attend a minimum of 3 classes a week.
5. Pay sign up fee of $25. Non-refundable. Payment is made at UALR Cashier’s Office, receipt brought back to Fit/Well Office.

**Boot Camp Challenge Outline:**

1. The Boot Camp Challenge will begin January 25th and end on March 21st. This is a total of eight weeks.
2. There will be a minimum of 5 Boot Camp classes offered each week. Contestants must attend a minimum of two Boot Camp classes a week and one other approved cardio class or a third boot camp class. This is a total of 3 classes a week and 24 classes over the eight week period.
3. There will be frequent exercise challenges for the contestants to participate in. Prizes will be awarded to winners.
4. There will be weekly weigh-ins. Prizes will be awarded to the biggest loser of each weigh in and the person with the overall biggest percentage of weight lost at the end of the eighth week challenge will be the grand prize winner.
5. Contestants will be given diet guidelines to follow.

 **Boot camp Challenge Rules:**  (If any of these rules are broken you may continue in the challenge but you will not be eligible for any prizes.)

1. Not allowed to miss more than 3 classes during the eight week challenge.
2. Not allowed to miss more than 1 class in any given week during the challenge.
3. Not allowed to miss any of the weigh-ins.

**Exceptions:**

If you break one of the rules there are two ways to be eligible for prizes again.

1. Win one of the challenges (weigh-ins or exercise challenge).
2. Make up the classes you missed by attending extra classes the next week.

I have read the above information and understand and agree to all the terms of the program.

Signature of Contestant Date