



# 12 - Week, County - Wide Weight - Loss Program Registration Form



SOMERSET PULASKI COUNTY Chamber of Commerce

LAKE CUMBERLAND Regional Hospital



Date: \_\_\_\_\_ Name: \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ DOB: \_\_\_\_\_

Phone: \_\_\_\_\_

Employer/Church/Team: \_\_\_\_\_

By completing and signing this registration form I agree:

I am volunteering to participate in this competition and have not been required to participate by anyone affiliated with the event sponsors or the Pounds Off Pulaski Committee. I understand to have the best overall results that I need to adhere to the program recommendations and attend Group Weigh-In Meetings as often as possible. I understand the importance of confidentiality and trust among participants in the Group Weigh-In Meetings and will not discuss any participant identity, personal/family information, or any information shared in the meetings, among other participants or non-participants, including my family and close friends. I will contribute to meetings in a positive way and will not insult, or intentionally hurt other participant's feelings even though our opinions, goals, or thoughts may differ.

I understand that this is not a physician supervised program and it is my responsibility to check with my health care provider regarding what diet and exercise program will work best for my overall health. The event sponsors and Pounds Off Pulaski Committee will not be held responsible for any accident or injury to me while participating in this program. I understand the importance of an evaluation from my family physician before beginning an exercise program of any type.

I understand that I am not guaranteed any weight/fat loss; that my dedication/participation and adherence to program recommendations is the overall biggest indicator of my success. I understand there is a no refund policy for the deposit or entry fee.

This program does not emphasize, nor encourage rapid weight loss through fasting and crash dieting. By participating I agree to follow the honor system and will participate in a healthy manner and will not use diet pills, diuretics (unless prescribed for a medical condition), or laxatives (as a form of weight loss). I also attest that I have not had weight loss surgery within 1 year of the start of the challenge and will not have weight loss surgery during the challenge. This program focuses on making our communities healthier through lifestyle changes to last a lifetime.

I understand overall prizes for the competition will be awarded based on the percent of total weight lost in pounds from Week 1 Weigh-In to Week 12 Weigh-In. I further understand that, in keeping with the spirit of the competition, winning 1st and/or 2nd place is limited to a maximum of 3 times, unless I use the final winning weight of my previous entry as my beginning weight for the current entry.

\_\_\_\_\_  
**Signature**

I hereby authorize Pounds Off Pulaski and/or their representatives to take photographic and/or video images of me, and to publish these images, along with the use of my name, for use in any printed publication, advertisement or website of the event or its sponsors.

I acknowledge that since my participation in publications and websites produced by the event or its sponsors is voluntary, I will receive no financial compensation. I further agree that the use of my image in any event or sponsor publication or website confers upon me no rights of ownership whatsoever.

I agree that the event or its sponsors may use such images of me with or without my name, and for any lawful purpose, including but not limited to publicity, education, illustration, advertising or web content.

I release the event and its sponsors from liability for any claims by me or any third party in connection with my participation.

I have read and understand the above.

\_\_\_\_\_  
**Signature**

**OFFICE USE ONLY:**

Amount Paid: \_\_\_\_\_

Date Paid: \_\_\_\_/\_\_\_\_/\_\_\_\_

Cash  Check # \_\_\_\_\_

Credit Card  Online

**Please mail completed registration packet and registration fee to:**

Somerset-Pulaski County Chamber of Commerce

ATTN: Bobby Clue

236 E. Mt. Vernon Street

Somerset, KY 42501

**Registration Fee:**

**\$20 — pre-register by Jan. 18**

**\$25 — after Jan. 18 or at weigh-in**