

**2018 August Weight Loss Challenge Rules**  
**NotAPowerCouple.com**

The main goal of this challenge is to lose some weight! For this particular challenge there may be more than one winner: **50% of the pot goes to whoever loses the most pounds, 50% of the pot goes to whoever lost the most body fat** based on measurements. With that being said, the fees, schedules, and challenges are below:

**FEEES**

<b>Fee Amount</b>	<b>Reason</b>
\$25	Onetime registration fee, must be paid during your first weigh in
\$2	Weekly fee you pay at each weigh in to play, this keeps the pot growing
\$2	Possible weekly penalty fee you pay if your weight stays the same
\$7	Possible weekly penalty fee you pay if you miss your weigh in
\$3	Possible penalty fee you pay for each pound gained (if gain 3 pounds, you owe \$9+ other penalties)
\$5 if you do not meet your active minutes as follows J: 284 minutes A: 97 minutes I: 229 minutes V: 258 minutes	Beat your weekly active minutes, via your Fitbit, based off of your previous monthly minutes
\$1 for each day you miss	Daily challenge: Drink a green tea each morning/50 pushups Must do the daily challenges and group text once you compete the daily challenges

**SCHEDULE**

<b>Date</b>	<b>Reason</b>
Sunday, August 5 @ 10 am	Initial weigh in at V's house
Sunday, August 12, 19, 26; September, 2, 9 @ 10 am	Weekly weigh ins at V's house
Sunday, September 16 @ 10 am	Final weigh in and announcing of the winner at V's house