

# AniMeals

## Weight Loss Challenge

### Participant Contract

Name (please print): \_\_\_\_\_

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

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

Weight at beginning of Challenge: \_\_\_\_\_ Goal Weight: \_\_\_\_\_

=Total pounds to lose: \_\_\_\_\_

I, \_\_\_\_\_, acknowledge that I have from November 1<sup>st</sup>, 2009 until May 1<sup>st</sup>, 2010 to lose \_\_\_\_\_ pounds. I will do the following during my 6 months with this program:

- Attend the "Kick-Off" and weigh-in on December 1<sup>st</sup>, 2009 anytime between 5:00pm and 6:30pm at the AniMeals warehouse.
- Collect sponsors to donate dollar-for-pound monies or a flat amount upon reaching goal weight, and have them complete the sponsorship forms, which I will turn into AniMeals in a timely manner.
- Schedule and do my best to attend the monthly "Calorie-Free Cocktail" nights at Paradise Falls.
- Schedule and do my best to attend the monthly "Motivation Walk" with other challenge participants.
- Keep in touch with AniMeals via email ([info@animeals.net](mailto:info@animeals.net)) or phone (406.721.4710) to update the staff on my weight loss, stories/experiences, and anything else I care to share, AT LEAST once/week so they can update their Weight Loss Challenge database.
- Keep in touch with my sponsors so they are aware of my progress along the way.
- Collect sponsor monies on May 1<sup>st</sup>, 2010 or when I reach my goal weight – whichever comes sooner – and turn it into AniMeals.
- Tell as many friends as I can about this program so we can make it a total success!

\_\_\_\_\_  
Name (please sign)

\_\_\_\_\_  
Date