

BIGGEST LOSER

CHALLENGE

January 01, 2021 - March 31, 2021



Start your year off with the Short Fitness Center's Biggest Loser Challenge! Track your weight loss weekly with a photo of your scale and submit to the fitness center every Friday from January 1st - March 26th. The male and female from each weight class who lose the most weight will be awarded prizes 31 March 2021.

Submit photos from your scale each week to:
6fss.fsvs.fitnessprograms@us.af.mil

Participants start the challenge at current weight size on January 1st. Submit your weekly weigh-in photo by COB every Friday - January thru March - to receive credit.

PRIZES AWARDED TO EACH WEIGHT CLASS BELOW:

STARTING WEIGHT FEMALE: 150 & ↓ AND 151 & ↑

STARTING WEIGHT MALE: 200 & ↓ AND 201 & ↑

**SHORT
FITNESSCENTER**
MACDILL AFB FL

For More Info Call:

828-4496

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