

Open to all  
DOD ID Cardholders  
13 years and older.

**SCHOFIELD BARRACKS HEALTH AND FITNESS CENTER**

# MISSION: SLIMPOSSIBLE 6

## 6-WEEK WEIGHT LOSS COMPETITION

Male & Female Division

This is a 6-week weight loss competition. Initial weigh-in and Final weigh-in are mandatory. If you can't make weigh-in dates time slots are available before the weigh-in date. Please contact the Schofield Barracks Health and Fitness Center. If you miss the initial/final weigh-in, you will be disqualified from the event. You can only weigh-in once.



Top Male & Female will receive a **FREE** Ocean Addict Shark Excursion Cage-Free Shark Dive Voucher.

## ENTRY FEE: (Non Refundable)

**Early Entry:** \$25 • Includes T-shirt (guaranteed) & 3 Fitness Class Passes.  
Must register by Friday, January 17, 2025

**Late Entry:** \$30; Includes 3 Fitness Class Passes; T-shirt not guaranteed.  
Saturday, January 18 - Friday, January 31, 2025

## WEIGH-IN LOCATION AND TIME:

Health and Fitness Center 6 a.m. - 7 p.m.

## WEIGH-IN DATES:

Initial Weigh-In: Monday, January 27 - Friday, January 31

Final Weigh-In: Monday, March 3 - Friday, March 7

(Winners will be notified the week of March 10)

## WEIGH-IN RULES:

- All weigh-ins will be done at the Health and Fitness Center.
  - Light Exercise Attire
  - No Shoes
  - Be Highly Motivated

Winners will be determined by percent body weight loss.

## AWARDS: OVERALL TOP 3 MALES AND TOP 3 FEMALES

**REGISTER AT ANY OF OUR PHYSICAL FITNESS CENTERS** (Excluding WAAF)

For more information, contact the Health & Fitness Center at (808) 787-5739.



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