

**SCHOFIELD BARRACKS HEALTH AND FITNESS CENTER**

# **MISSION: SLIMPOSSIBLE 5**

Open to All Military Service Members, Retirees, DoD Cardholders, Family members 13 years & older with a valid ID.

**ENTRY DEADLINE: FRIDAY, JANUARY 19**

**6-WEEK WEIGHT LOSS COMPETITION**

Male & Female Division

**ENTRY FEE:** (Non Refundable)

Early Entry: \$30 • Includes T-shirt (guaranteed) & 3 Fitness Class Passes.  
Must register by Friday, January 5

Late Entry: \$40; Includes 3 Fitness Class Passes; T-shirt not guaranteed.  
After Friday, January 5

**MANDATORY WEIGH-IN:**

\*Initial Weigh-In: Monday, January 15 - Friday, January 19

\*Final Weigh-In: Monday, February 26 - Friday, March 1

**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 the highest percentage of body weight lost.

**AWARDS WILL GO TO THE TOP 3 MALES AND TOP 3 FEMALES**

**REGISTRATION FORMS ARE AVAILABLE AT ALL PHYSICAL FITNESS CENTERS**

(Excluding WAAF & AMR)

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



**HiMWR.com** or **MWR HAWAII**