

**CONQUER THE CHALLENGE, TRANSFORM YOUR LIFE!**

Open to:  
All military service  
members, DOD, Retiree  
Cardholders, Family  
members 18 years and  
older with a valid ID

**LEE HEALTH & FITNESS CENTER**

# MISSION: SLIMPOSSIBLE 7

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 actual weigh in date. Please contact the Lee Health and Fitness Center. If you miss a weigh in you will be disqualified from the event. You can only weigh in once.

**Additional Information:**  
Winners will be determined by body weight loss percentage.



**Awards:**  
Overall Top 3  
male and Top 3  
female biggest  
loser.

## IMPORTANT DATES

### Entry Deadline:

**January 30, 2026**

**Weigh In Location and Time:**  
Lee Health and Fitness Center  
6 a.m.-7 p.m.

### Weigh in Dates:

**Initial Weigh in Dates:**  
January 26-30, 2026

**Final Weigh in Dates:**  
March 9-13, 2026

### Mission Slimpossible Packet

Pick up your MS7 Packet  
at your Initial Weigh In  
(Winners will be notified the week of  
March 16, 2026)

## REGISTRATION



**SCAN ME**

### To Register:

Register in person at any  
Army Physical Fitness Center  
(excluding WAAF & AMR),  
over the phone at (808) 787-5739  
or scan the QR Code  
to register online.

### More Information:

Contact Lee Health and Fitness Center.  
Phone Number 808-787-5739 Information may  
also be obtained via the MWR Hawaii website:  
<http://www.himwr.com>, Facebook page

## ENTRY FEE

### Early Entry Fee \$20

Guaranteed T-Shirt  
Register by January 16, 2026

### Late Entry Fee \$25

T-Shirt Not Guaranteed  
if registered after January 16, 2026

Entry Fee is Non-Refundable.  
Entry Fee includes  
Mission Slimpossible 7 - T-Shirt  
(While supplies last)

### Weigh In Rules:

All weigh ins will be done at  
Lee Health and Fitness Center.

- Light Exercise Attire
- No Shoes
- No Cheaters
- Be Highly Motivated



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