THE £1 FOR A POUND WEIGHT LOSS CHALLENGE

FRIENDS OF ST MARY'S PRIMARY SCHOOL
BROUGHTON GIFFORD

in association with VIP Fitness Studio

SPONSORSHIP FORM

Name :

The launch weigh-in is **Saturday 16th January** anytime between 09.30 – 11.30 at **St Mary's School**, Broughton Gifford. Future weigh-ins are on Saturday 13th February, 13th March, 10th April, 8th May, 12th June. You can join at anytime. With the **final weigh in** on **Saturday 10th July**, just in time for the summer when you can show off **the new you**!
Vicky from **VIP Fitness Studio** will be there to weigh and assess you. She will also be on hand to help with fitness and nutritional advice. Your weight will be kept **top secret**, never to be revealed.

Please ask everyone you know to sponsor you a £1, or whatever amount, for every pound you lose.

Name	Contact details	Amount per lb	Total

The **most committed person** will receive a **special prize of a luxury Spa day** at Centre Parcs Longleat.

★ FREE to join ★ FREE crèche facilities ★FREE refreshments ★ OPEN to anyone and everyone

Come on - all you've got to lose is the weight!