**Out Of The Box Rules :**

* No bulimia, starvation, Anorexia or harmful diets will be allowed on this challenge
* You have to be at the weigh-in or you will pay a penalty fee of ten rand and will be on the wall of shame
* Late joiners should pay a full entry fee of R20 and R10 thereafter every month
* You should make it a point to exercise in your own time to stay healthy and motivated
* Payment should be made before or on the 31 of each month
* Physical group activities will be held each month and the location will be confirmed and the joiner should be there or else a penalty fee will be paid
* There is no special treatment for anyone in the challenge.
* We do not accept any negative activity or bullies of any kind
* If you drop out of the challenge you cannot claim any monies back because you are breaking your commitment with Out Of The Box
* If for whatever reason Out Of The Box discontinues the program, your monies will be paid back
* Weight loss will be determined on your BMI(Body Mass Index) each month

Firstly we need to determine your weight and height

***BMI Formula: weight ÷ height₂=BMI***

* The person with the most BMI lost from month 1 to month 12 is our winner
* Your progress will be documented
* Before and after photos will be taken and posted on the site
* If a late joiner is the winner of the challenge, she will only get the winning from the month he/she has joined.
* The person who host there house for any scheduled get together will get a R100

I have read, understood and accept the rules of Out Of The Box

Your pledge:

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ commit myself to this challenge and will adhere to the rules of Out Of The Box.

Sign \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_