

How this program works?

The program is organized to encourage Chicago Kannadigas to come together and lose extra pounds they have always wanted to shed. Participant(s) having the most percent of body weight loss during this challenge period will be declared as the winner. Please find the details below.

The initial weight of the participant will be taken on Feb 1st Saturday at Lemont temple between 3pm and 7pm on the day of Sankranti festival celebration. The final weight will be taken on Apr 5th Saturday at Lemont temple on the day of Ugadi festival celebration. The percent of body weight loss will be considered.

Weight loss percentage = $[(\text{Initial weight} - \text{Final weight}) / \text{Initial weight}] * 100$

Following examples are used to demonstrate the calculation:

Participant Name	Initial Weight	Final Weight	Weight loss percentage
P1	210	200	$[(210-200)/210]*100 = 4.76\%$
P2	130	120	$[(130-120)/130]*100 = 7.69\%$
P3	180	175	$[(180-175)/180]*100 = 2.77\%$

To keep things fair and consistent, all participants will be weighed on the same scale and an average of 3 readings will be considered.

Come, Sign up and join us to take the challenge and be a winner in 9 weeks!