



NSW KNOCKOUT HEALTH CHALLENGE REGISTRATION

1

Join a team

- • • • • Become a member of a local or virtual team.

2

Confirm you are fit to participate

- • • • • Complete the medical clearance form with a doctor or registered nurse (RN) and submit before the end of the registration period.
Form must be completed within the four weeks before registration closes.

3

Complete individual registration form

- • • • • Remember to include your *Medical Clearance*, *T-Shirt Order* forms, and a *Consent Form for Participants aged 16-17* (if required). Submit before the deadline!
Submission due in the registration period, check the website for dates.

4

Take on the 10-week Challenge

- • • • • Get your sweat on and make healthy changes to your lifestyle during the 10-week KHC Challenge.

5

Undertake a final weight assessment

- • • • • Complete the *Final Weight Assessment* with a health professional and submit.
Submission due within one week of the completion of the challenge.

6

Celebrate with your team

- • • • • Celebrate the achievements you have made together over the 10 weeks of the Knockout Health Challenge!