



Republic of the Philippines  
Department of Education  
Cordillera Administrative Region  
**SCHOOLS DIVISION OF MOUNTAIN PROVINCE**  
Bontoc, Mountain Province



**OFFICE MEMORANDUM**

14  
**TO: All Division Office Personnel**  
**FROM: SALLY B. ULLALIM, CESO V**  
Schools Division Superintendent  
**SUBJECT: RULES and GUIDELINES ON THE CONDUCT OF SEARCH FOR THE BIGGEST LOSER**  
**DATE: July 22, 2019**

DEP-ED Mt. Province  
OFFICE OF THE SCHOOLS DIVISION  
SUPERINTENDENT

**RELEASED**  
JUL 22 2019

By : \_\_\_\_\_  
Date: \_\_\_\_\_

The Search for the Biggest Loser shall be conducted from April to November 2019. The aim of this activity is to promote an active and healthy lifestyle to everyone.

Relative to this, the following are the rules and guidelines of the said search.

- a. **Qualifications /Eligibility:**  
All overweight and obese personnel are automatically participant on the search based from the Form 86 submitted (see attached list)
- b. **Weigh – Ins:**
  1. There shall only be one official weighing scale to be used during the competition. Access to this weighing scale shall be done only the final weigh-ins.
  2. Weight from the form 86 shall be considered as the initial weigh in
  3. Final weigh in shall be done on November 2019.
  4. For the final weigh in, participants should wear normal workout clothes such as T-shirt and work out pants. Shoes will be removed and there shall be no items found in the pockets. Jeans and sweatshirts are strictly not allowed.
- c. **Winners**
  1. The top three participants with the largest percentage of body weight loss shall be declared the winners
  2. Percentage weight loss shall be calculated using the formula below.
    - a.  $\text{Percentage weight loss} = \frac{[(\text{initial weight} - \text{final weight})]}{\text{Initial weight}} \times 100$
  3. Announcement of winners and awarding of certificates shall be done during the Educational Week Celebration.
- d. **Prohibitions and Reminders**
  1. Participants are strictly refrained from using diet pills, supplements, laxatives and other weight-loss aids.
  2. Participants are advised to lose weight safely following healthy eating and proper exercising habits
  3. Participants are strongly discouraged from skipping meals or engaging in excessive exercise which are unsafe.
  4. All rules are enforced on all participants with no exception.

Immediate dissemination of this memorandum to all concerned is highly desired.

**LIST OF DIVISION PERSONNEL WHO ARE OVERWEIGHT AND OBESE**

| <b>NAMES</b>            | <b>NAMES</b>          | <b>NAMES</b>           |
|-------------------------|-----------------------|------------------------|
| ANGWAY, IRENE B.        | DOGUI-IS, MIA         | CHAKIWAG, DOROTHY      |
| AYEO, MILDRED C.        | FAKEY, GRAIL          | CUYASAN, ANDRES        |
| CHAKAS, LEVERIZA A.     | FARNACAO, DARWIN      | DOMINGUEZ, ALBINA      |
| KIAT-ONG, AARON A.      | GAWAN, ANIVICTOR      | FESWAY, SHALIMAR       |
| TIBONG, LOIDA ELIANE G. | GONGON, RUBY ANN      | IGUID, ELMER           |
| ACHED, JUDYLYN N.       | GONZAGA, JANICE       | KISER, ROSA            |
| AFADCHAY, FLORIDA       | GUIEB, ROSELLA        | LANGGAS, FLORIDA       |
| AGCAPEN, GLYNIS         | GUSLAB, RUBY ANN      | LAYAG, KHAD            |
| AGLUYA, GEORNINA        | KILITO, DAMSY         | MARRERO, MILTON        |
| AKRAMEN, MAURICIO       | KINAO, STEPHANIE      | POKING, HOWARD         |
| ALMACEN, MILANIEL       | LATIGA, JOSIE         | REFUGIA, RAZELLE ANN   |
| AQUIN, KRISTAL          | LAYONG, SHARON        | SAMIDAN, JOCELYN       |
| ARAWAS, FAUSTINA        | LONGAYAN, TESSIE      | TAUD, LIGAYA           |
| AS-IL, LAVERN           | MANZANO, AIRECHEL     | WACANGAN, AMELIA       |
| ASUNSCION, CLARITA      | MARRERO, ALEXANDER    | YASSAN, JACINTO        |
| ATEO-AN, ARLYN          | MASLIYAN, EMELIA      | ABAD, LEILA            |
| AWE, YVONE              | MOKIMOG, JESSICA      | BANGLO, DOMINGO JR.    |
| BADANG, CORAZON         | OY-OYAN, ROSEMARIE    | BERTO, ANTHONY         |
| BANAKEN, LAARNI         | PADCAYAN, AMYRA       | BOCALAN, JENNIE CLAIRE |
| BASNGI, LONJA           | SAY-AWEN, CHIQUI ZENY | CACAP, ROSENDO         |
| BERNARDEZ, LEILA        | SUMILONG, ASTHER      | DAPLIYAN, MILDRED      |
| BERTO, ALFONSO          | TIKAN, KRYNZEL        | KILAKIL, CHING         |
| CABFENG, NATY           | WAYYAS, GIENNETH      | LUPIAN, MICHAEL        |
| CACAY, FELY             | COLAS, JAIME          | PANITEW, GRACE         |
| CANDILADO, RUFINA       | GACUTAN, DIVINA       | WANGWANG, LYSTRA MAE   |
| CHALACAN, DONNA         | MASKIT, GRACE         | LIBONGEN, JOHN JR.     |
| DALASEN, TRACY          | OYYENG, NOELLE        | ANGAWA, GLORY          |
| DAMPO, NELIA            | ALIGO, PRIMO          | BRAGADO, GEMMA         |
| DEGAY, VICTOR JR.       | ANECANG, DOLORES      | CARINO, MANUELA        |
| DIZON, ADHARE           | BALAO, EUFEMIA        | DICDICAN, BRIL         |
| FILLAG, ALICE ARLENE    | GALINGAN, MARY        | LANGGACAO, SYLVIA      |
| PECKLEY, APRIL DALOME   | YAOS, BRENDA          | AYOCHOCK, BRENTFORD    |
| BAGSIYAO, ERWIN         | CHAOKAS, CAROLYN      | CODOD, RENALYN         |
| GAAS, JEANNETTE         | MAGNO, MARY ANN       |                        |