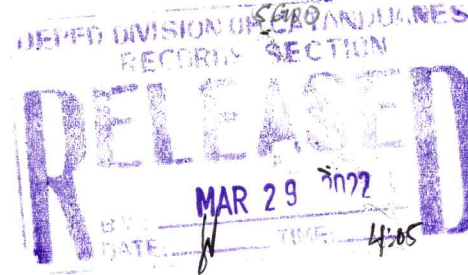




Republic of the Philippines
Department of Education
 REGION V
 SCHOOLS DIVISION OFFICE OF CATANDUANES



25 MARCH 2022

DIVISION MEMORANDUM
 OSDS-SGOD-DM-105. 2022


**DIVISION SEARCH FOR THE BIGGEST LOSER FOR SDO PERSONNEL
 ENROLLED IN THE WEIGHT LOSS PROGRAM DUBBED AS FHM BODY (Fit and
 Healthy Must-Have Body)**

TO : Assistant Schools Division Superintendent
 Chiefs, SGOD and CID
 All FHM Body participants

1. This pertains to the on-going weight loss program of the School Health and Nutrition Section launched successfully last September 21, 2022, dubbed as FHM Body (Fit and Healthy Must-Have Body).
2. After a series of physical activities and diet modification initiated by the participants, the School Health and Nutrition Section will now use the table below as our criteria for the Division Search for the Biggest Loser to wit.

Criteria	Percentage
Total weight loss	50%
Compliance to the program	50%
TOTAL	100%

3. Moreover, participants must undergo mandatory weigh-in scheduled every **(Thursday) 3:00 in the afternoon** and compliance on the said activity is highly encouraged. The data gathered will be used for the calculation of the percentage of the total weight loss of the participants. Awarding of the winners will be on April 29, 2022 (Friday) during the Division Wellness Caravan.
4. For information.


SUSAN S. COLLANO
 Schools Division Superintendent
 Office of the Schools Division Superintendent

