



FAT VS THIN

A TRANSFORMATIONAL REALITY COMPETITION

LOGLINE

If you slap 50+ pound backpacks on 10 fat people and similar backpacks on 10 scrawny weaklings, who will be left standing after a grueling 500 mile hiking Odyssey? In *Fat vs. Thin*, viewers find out. Watch as 10 overweight men and women try to lose weight while 10 skinnies try to build muscle by backpacking some of America's most exotic and scenic wilderness trails. Contestants face their demons – moderate eating disorders and exercise resistance – as well as their worst fears – insects, no plumbing and no electricity – head on to undergo an amazing bodily transformation that culminates in a substantial cash prize and complete image makeover for the winning contestant.

THE GAME

Fat Vs Thin is a 10 part reality series. The object of the game is to transform fat and thin contestants alike into healthy, muscular individuals. Each week, one fat and one thin participant are eliminated, until the final week in which one remaining participant becomes the winner. The winner receives a cash prize and undergoes a body and wardrobe makeover for a reveal among family, friends, and national TV.

SUMMARY

- 20 contestants, 10 male, 10 female, half 100 pounds overweight, half 25 pounds too thin backpack over 500 miles in 10 weeks.
- One host acts as the Voice for the show
- Four expert guides accompany the hikers to provide backpacking expertise, trail technique, equipment usage, a positive morale boost, and emergency medical care.

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- Two therapists appears regularly to help the contestants cope with emotional and interpersonal issues
- Each week, two participants, one thin, one fat are eliminated. The final week, only one person is eliminated.
- Some weeks, guides or therapists are eliminated by participants.
- Participants carry all their own gear and food in their backpacks for all 10 weeks
- Participants take turns cooking and cleaning for the group
- Private tent and video camera records for nightly "confessionals"
- Sponsorship opportunities to provide all backpacking equipment and food

ELIMINATION

Two contestants are eliminated each week until a winner is declared. *Fat vs. Thin* changes elimination criteria every week in order to thwart common psychological reality show strategies such as alliances and political maneuvering. Participants are not informed of these criteria until just prior to the elimination.



For example, one week will entail a traditional elimination vote. On other weeks only women will vote or alternatively only a woman will be eliminated. Another week, over 40s will vote for under 40s. Or the production crew will vote not only to ensure that participants have the character to treat everyone respect-

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fully, but also to make the crew's work environment is more hospitable. Guides and therapists will also be subject to elimination. And some weeks, contestants may eliminate themselves by being physically or psychologically unable to continue. Finally, one elimination will be based solely upon body composition change – the contestant with the smallest change in body fat percentage or gain in lean body mass will be eliminated.



For every elimination participants survive, they each win small luxuries such as a hot shower, a night in a hotel, a visit from family members, or a bowl of ice cream. Furthermore, contestants who excel win prizes that may include: A week at a spa, a year with a personal trainer, a luxury home gym, a month with a personal chef, a pair of mountain bikes, a ski vacation, or a walking/biking tour in Italy or France. All rewards are meant to promote a healthy lifestyle and are excellent sponsorship opportunities.

THE REVEAL

After 10 weeks on the trail without the benefit of flattering fashion or mirrors, the winning contestant is immediately whisked away to luxury accommodations where their cholesterol level, body fat and weight re-measured. They are treated to a spa and given a new wardrobe, haircut, and makeover. Only after this is done, friends and relatives are flown in to see the reveal which is immediately followed by the presentation of the prize money.