

CONTRIBUTOR APPLICATION FORM

Please return the completed form to weight@endemoluk.com as soon as possible.

You can also follow us on Twitter at http://twitter.com/TV_weightloss

Data protection notice: Remarkable Television will use any information provided by you for the purposes of research for and in the production of the programme. We will only share information with third parties when necessary for the purposes of producing the programme and always after having obtained your consent to do so.

**PLEASE ATTACH 2 RECENT PHOTOS OF YOURSELF HERE – ONE HEAD SHOT, ONE FULL LENGTH
(please ensure your face is not covered with hats/sunglasses etc.)**

Where did you hear about the show?

PERSONAL DETAILS:

Full name:		Date:	
Male/Female:	Age:	D.O.B:	
Occupation:		Relationship status:	
Address:			
Daytime Tel:		Mobile Tel:	
Work Tel:		Email address:	
Your Height:		Your Weight:	
Are you married/in a relationship? [Please state name, age and how long you have been together]		Who else is in your household? [Please list below including their age and relationship to you]	
AVAILABILITY: [Are away at any time between the 20 th of January till the 20 th of May 2012].		Do you have any criminal convictions or pending criminal charges? [If YES, please give details]	

Have you been on a TV programme before? [If you have, please state show names and dates below]	Do you have any intolerances/allergies? [Food or otherwise]
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Measurements (if known and apolitical)	
Waist:	Trousers size:
Chest:	Dress size:
Bra size:	

Name of spouse/partner:	
Their contact information: [Telephone Number and Email where possible]	
Do you have any children? [If so please tell us their names and ages]	

What are the weights of your <u>other</u> family members and relatives (give rough responses if you're not sure)?	
Mum:	Husband/Wife:
Dad:	Children:
Siblings:	

Part 1: Diet and weight
How do you describe your weight and body?
Are you happy with your body shape/dimensions? [If no, please state why including particular areas of your body]
Would your ideal body shape/dimensions be?
How does being unhappy with your figure affect your life? It would be good if you could think about aspects of your life.
Have there ever been emotional moments/experiences/photographs that have caused you to worry about your weight or the way you look? [Have you ever needed to ask for a access requirement, such as a extension for a plane belt]
What do you consider to be your ideal weight? [Also explain your ideal shape/physique]
Has a doctor/nurse ever commented on your weight? [Tell us what was said. If you contacted your doctor about your weight please tell us about this also]
Have you always been big? [If not, when did you put the weight on, was there a reason for this]
How much exercise do you do in an average week. [Please specify type of exercise, how often and for how long, e.g. swimming for 20mins, three times a week]
Details of previous weight losses:

[Please give details on how much you lost and how]	
What diets have you been on (e.g. Atkins/Grapefruit/Cabbage Soup)? Did they work? [Please tell us when you did these diets, if any]	
What do you think is a healthy way to lose weight?	
Please provide details below of what you eat on an average day and where (e.g. at home, at desk, on the bus etc)...	
Breakfast	Lunch
Dinner	Snacks
Drinks	
Is there a day of the week when you tend to be a bit more relaxed about what you eat? [please tell us which day, if so]	
What do you eat on a particularly bad day? Please provide details of what you might eat on these days, and where.	
Breakfast	Lunch
Dinner	Snacks
Drinks	
How often do you have a take-away and what type of take-aways do you tend to order?	
How often do you eat out and what sort of cafes/restaurants do you tend to visit?	
Do you drink alcohol? If so, what's your preferred drink and how much/how often do you drink?	
Do you know roughly how many calories you consume in an average day?	
Do you feel you eat too much, too little or the right amount?	
Do you feel you eat healthily enough?	
Are there any foods you would never eat? Why?	
Are there any foods that you love and couldn't live without or find hard to resist? [Bad habits/guilty pleasures]	
Do you have any bad habits/guilty pleasures when it comes to food? [Please specify]	

Part 2:
What activities do you hope to do when you have lost weight that you feel you can't do now?
Do you ever try new foods? What makes you try a new food? [E.g TV, cook books, friend suggestions]
Who in the household does the shopping? [Where do they go?]
Who does most of the cooking in the house? Do they prepare meals from scratch or use ready meals or canned food/jars of products?

How much do you think you spend on food in a week?

Part 3: Personal Details

Have you been diagnosed with any eating disorders?
[If yes, please give details of condition and treatment]

Do you have any medical conditions and or disabilities?
[please give details to include dates of diagnosis/ treatments]

Are you on any medication at the moment?
[Please give details]

Have you suffered any recent trauma that could affect your participation in the series? [Please give details]

Endemol UK operates a Diversity Policy based on selecting people on merit. The information provided on this form will be treated as strictly confidential and will be used for monitoring purposes only.

Please state whether you are:
Male: Female

What is your ethnic/cultural group?

White British English Scottish Welsh Irish Gypsy Irish Traveller Other white background	Mixed British English Scottish Welsh White & Black Caribbean White & Black African White & Asian Other mixed background
Asian British English Scottish Welsh Indian Pakistani Bangladeshi Other Asian background	Black British English Scottish Welsh Caribbean African Other Black background
Chinese British English Scottish Welsh Chinese	Middle/Near Eastern British English Scottish Welsh Middle/Near Eastern

Other Chinese background

Other Middle/Near
Eastern background

Central or Eastern European

British

English

Scottish

Welsh

Central or Eastern European

Other Central or Eastern European background

Prefer not to say

Do you consider yourself to have a disability? (To help you answer this question, disability is defined as a “physical or mental impairment which has a substantial and long-term adverse affect on a person’s ability to carry our normal day to day activities” A long-term effect is one which has lasted or is likely to last at least 12 months or for the rest of your life)

Yes: No: Prefer Not to Say

If yes which of the following descriptions best describes your disability?

Visual (not including wearing glasses or contact lenses)

Manual dexterity or coordination

Mobility

Mental health

Speech

Learning difficulties

Hearing

Other (please specify)

Prefer not to say

What is your sexual orientation?

Bisexual

Gay man

Gay woman/lesbian

Heterosexual/straight

Other

Prefer not to say

What is your religion or belief (only if applying for a role outside of Northern Ireland)?

Atheist

Buddhist

Christian

Hindu

Jewish

Muslim

Sikh

Other

None

Prefer not to say

People applying for jobs in Northern Ireland

The information is required to enable us to fulfil the requirements of *The Fair Employment (NI) Act*

1989. Please indicate below your religion, or the religion to which you would be perceived to belong, by selecting the appropriate box:

I am a member of the Protestant community

I am a member of the Roman Catholic community

I am a member of neither the Protestant nor the Roman Catholic community

IMPORTANT INFORMATION ABOUT THE USE OF YOUR DATA

1. Personal information which you supply to Endemol during the application, audition and casting process (including but not limited to racial or ethnic origin, political opinions, religious beliefs, trade union membership, physical or mental health matters, sexual orientation, alleged or actual criminal activity and criminal records) will be used in a number of ways, for example:
 - in selecting potential contributors for the programme; and
 - to be able to develop and produce the programme.
2. We will NOT publish your address or contact details to any third parties.
3. Your personal information will be shared with members of the programme production team and relevant staff at the broadcaster of the programme and may be shared with our and the broadcaster's insurers.
4. Endemol will ensure that any information provided for the purpose of producing the programme will be used in accordance with the Data Protection Act 1998.
5. All information will be kept secure and treated as confidential and will only be disclosed with your permission (including any permissions you give here or in the rest of the application process). In submitting this application form you are consenting to us using your personal information as set out in this section.
6. You have the right of access to the information held and used by us. If at any point you decide that you no longer want us to hold, use or process any of your personal information or you want to update your contact details please email us at dataprotection@endemoluk.com stating the name of the programme, and we will amend or remove your personal information from our records.
7. Unless you specifically agree to be contacted by us your personal information will not be used for any other direct commercial purposes including direct marketing.

Endemol would like to retain this application form for future related use when, for example, producing similar programmes. Please note that if you agree to this, Endemol or its parent company; subsidiaries and affiliates may contact you separately and you agree to Endemol passing to its parent company, subsidiaries and affiliates information for this purpose. Your refusal to grant us such permission will in no way influence our decision as to whether or not we use your application form, your information or you in the Programme.

Please mark the box if you are happy for this to happen:

If you do not consent to future use of your information and you are not selected to participate in the Programme your application form will be securely destroyed once the Programme has been completed.