***BodyTrac Health & Fitness*® 90 DAY CHALLENGE**

**90 Day Weight Loss Challenge Rules:**

* Weigh in is Sunday, January 24th, 2021 at your studio location.
* Weight loss and fitness challenge with over $7,000 in cash and prizes.
* Entry Fee of $25 must be paid to enter the competition prior to weigh-in (covers both competitions).
* Winners will be determined by percentage of weight loss compared to their original bodyweight.
* Every participant must sign the Promise for Healthy Weight-Loss form.
* Participation with weight-loss clinics, other than for healthy food options or Food Tracking, is strictly prohibited during the weeks of competition.
* Injections related to energy, stimulants, or vitamins are not allowed during the competition.
* Prescription stimulant use is not permitted.
* Participants must be current BodyTrac members throughout the competition.
* Participants must take appropriate Before and After photos at your studio location and agree to the use of photos for commercials and print media.
* Participants must average at least 2 days a week at BodyTrac during the competition, participating in two full sessions of cardio and strength training each week or have an online subscription.
* Participants must complete mandatory surveys.
* Participants must attend all monthly weigh-ins, held on one Sunday of each month at respective BodyTrac locations. Make-up weigh-ins must be completed by the following Tuesday by the end of business day, except for final weigh in.
* Weigh-in dates: **January 24th, February 21st, March 21st**, and final weigh-in for the 90 Day Challenge is **Sunday, April 25th.**
* Continued updates and encouragement will be provided in Challenge private Facebook group.
* The leader’s results will be posted in the BT Newsletter, on our Facebook page, and via email.

**Fitness Challenge Rules:**

* Kick off and additional information is provided Sunday, January 24th, 2021 at your studio location.
* Weight loss and fitness challenge with over $7,000 in cash and prizes.
* Entry Fee of $25 must be paid to enter the competition prior to weigh-in (covers both competitions).
* Injections related to energy, stimulants, or vitamins are not allowed during the competition.
* Prescription stimulant use is not permitted.
* Participants must be current BodyTrac members throughout the competition. -averaging at least two full sessions of cardio and strength training each week or have an online subscription.
* Participants must complete mandatory surveys.
* Continued updates and encouragement will be provided in Challenge private Facebook group.

**Prizes**

**1st Place**

$3,000 Cash
1 Year Membership at BodyTrac\*

**2nd Place**

1 Year Membership at BodyTrac\*

**3rd Place**

6 Month Membership atBodyTrac\*

*\* Applied to the end of current Membership. Provided by location with winner.*

**90 Day Challenge Registration Form**

**Name:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Member:** □ Previously Joined □ Joined to start the 90 Day Challenge

**Currently:** □ Cardiovascular Training \_\_\_\_\_\_\_\_\_\_\_\_\_\_ times per week

 □ Strength Training \_\_\_\_\_\_\_\_\_\_\_\_\_\_ times per week

 □ Healthy Diet \_\_\_\_\_\_\_\_\_\_\_\_\_\_ calories daily

 □ No Cardiovascular Training/Strength Training

**Goals:** □ Weight Loss □ Improved Strength □ Improved Cardiovascular

□ Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Motivation:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Administrative Use Only)

**Initial Date:** \_\_\_\_\_\_\_ **January 24th** **February 21st March 21st**

Wt.\_\_\_\_\_\_lbs. Wt.\_\_\_\_\_\_lbs. Wt.\_\_\_\_\_\_lbs.

 **April 25th**

Wt.\_\_\_\_\_\_lbs

Pictures:\_\_\_\_\_\_\_\_(Y/N) Attire: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pictures:\_\_\_\_\_\_\_\_(Y/N) Attire: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2021 90 Day Challenge Contract**

*This is an agreement between you and BodyTrac*® *Health & Fitness*

**Keys to Success**

1. Complete 30 minutes of moderate to intense cardiovascular exercise 5 days/week.

2. Strength Train 3 days/week.

3. Create Realistic Goals: ACSM recommends 1-2 lbs per week for healthy weight loss.

4. Keep a Food Journal to track your calorie intake.

5. Use Exercise Journal in the MyZone activity calendar.

6. Follow nutritional guidelines: Balance, Natural, Variety, and Moderation.

7. Drink lots of Water, At least 80 ounces (or based on weight, i.e: ½ ounce per pound) per day.

8. Do not deprive yourself of necessary nutrition, liquid intake, sleep, or rest needed to maintain normal body functioning.

**Mandatory Requirements to Win the 2021 90 Day Challenge**

* Must average at least 2 days a week at a *BodyTrac*® *Health & Fitness* location, performing cardiovascular and strength training, throughout every week of the competition or have an online subscription.
* Must attend all monthly weigh-ins.
* Must follow a healthy diet plan, no excessive means of weight loss (i.e. 500 calories a day, liquid diets, etc), and no use of stimulants, injections related to vitamins or energy, and no participation at weight loss clinics during the weeks of competition.

Once you have read and agree to the terms above, print and sign below.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature Date

**The BodyTrac® 90 Day Challenge Participant Promise for Healthy Weight-Loss**

*BodyTrac Health & Fitness*®would like to thank you for entering our 90-day challenge, a competition designed to support healthy weight loss and long term success. During this challenge, BodyTrac® trainers will be working with participants on individualized programs that incorporate *BodyTrac*’s® proven weight loss methods. The top prizes will be awarded to the individuals that have the highest percentage of weight loss compared to their original weight.

During this competition*, BodyTrac Health & Fitness*® recommends gradual weight loss. Any extreme measures of weight loss that might result from dehydration, weight loss pills, other drugs, or any other weight loss program deemed unhealthy are strictly prohibited (If unsure what this includes, please consult with the Manager of the *BodyTrac Health & Fitness*®that you attend). Any competitor found to be in violation of *BodyTrac*’s® rules of healthy weight loss will be immediately excluded from participating in the challenge or competing for the prizes.

*BodyTrac Health & Fitness*® will be using photographs of participants, including but not limited to, the overall winners for marketing and promotional purposes.

We look forward to working with you as you move toward a healthier life style. Thank you for competing and making exercise a healthy habit in your life.

Sincerely,

*BodyTrac Health & Fitness*® Staff

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, promise to abide by *BodyTrac*’s® rule of healthy weight loss by fully implementing my individualized program. I will not participate in any activity that might cause weight loss resulting from dehydration, weight loss pills, other drugs, or any other weight loss program deemed unhealthy by the *BodyTrac Health & Fitness*® Staff.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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