



Official Rules & Regulations

The Challenge ~Special Fitness Competition will run 8 weeks

1. You are required to follow the guided training , cardio, exercise and daily food intake recommendations That are given.
- 2.This is a competition we encourage you to make it a team effort as well as your own individual goals.
- 3.Teams may be made up of women and men , or all men all women.
4. Each team should select a name and a captain. Mandatory private or group weekly weigh ins will be held same day and time each week
At 59 West Fitness 786 Highland Rd. Highland Mi.
- 5.**Registration fee is \$545.00**
We except cash, check or credit.
Registration fee must be paid in full at time of Open house.
Non –refundable as it is a competition based on prizes.
6. Scoring is based on percent(not on number of pounds) of body weight lost per individual.
7. Good attendance helps you to stay on track towards meeting your weight loss goal. If you cannot attend a meeting training session or class, you **MUST** contact your Team leader and or one of the Trainers, Stephanie or Mike.
- 8.If you have 3 unexcused absences, you will be excluded from receiving prizes and awards.

The purpose of this contest is to support your efforts to follow a healthy weight –loss meal plan and exercise program to learn how to establish the essential lifestyle patterns you need to be successful in reaching and maintaining your health and fitness goals. It is not intended to promote rapid weight –loss .If you are already at a healthy weight, you can gain and receive many valuable lifestyle changes as well.

I have read, understand and accept the terms of this contest.

_____,Date _____

Signature

Do not hesitate to contact us at any time and your input is always welcome. Stephanie~810 923-9703

www.livingstonfitnesschallenge.net