

THE FITNESS FACTORY BEACH BODY TRANSFORMATION CONTEST

TRANSFORMATION CONTEST RULES:

- 1) All Contestants must weigh-in on Saturday, May 4th between the hours of 10:15am and 3pm. (Unless other arrangements have been made with trainer)
- 2) Each Contestant must Journal all Food, Water, Daily Exercise, Pedometer Steps to receive fitness points. If Journal is not received by Fitness Factory Personnel by the end of the program (Sat, June 22, 2024), Fitness points accumulated throughout program will not be counted.
- 3) You will be given 1 point each week you weigh-in and 1 additional point each week if your weight stays under your starting weight. (This is the weight you started with at the beginning of the contest)
- 4) Clients must report all activity on Saturday/Sunday each week for points to be accumulated for that week.
- 5) Weigh-ins will be conducted at The Fitness Factory during normal business hours. Appointments will be set up for weigh-ins if necessary.
- 6) The Contestant/s with the most % body weight lost will win 1/2 of the total cash prize. (Total cash prize will be announced the first week of the contest.)
- 7) The Contestant/s with the most fitness points will win 1/2 of the total cash prize.
- 8) All Contestants must weigh-in on Saturday, June 22, 2024 for Final weigh-in between the hours of 10:15am and 3pm. (Unless other arrangements have been made with trainer)
- 9) All Fitness Points must be reported by 11:59pm on Friday, June 21, 2024 for points to be counted and tallied.
- 10) Winners will be Announced on the week of June 24, 2024 and arrangements will be made for Contestants to pick up their prize. Cash Prizes will be available until 7/31/24, all cash prizes that are not claimed by this time will be donated to charity of the month. Contestants will be notified by email so be sure to provide a valid email address.
- 11) This contest is designed to help you get that beach body for the summer! It is for fun and to keep you accountable, it is largely based on the honor system and if you are caught cheating in any way you will forfeit your chance to win the cash prize and prohibited from joining in future contests held at The Fitness Factory.