



# 10-WEEK FIT CHALLENGE

JANUARY 5, 2018 – MARCH 16, 2018

# DETAILS OF 10-WEEK FIT CHALLENGE PROGRAM & REQUIREMENTS

- Includes weekly meal planning, fit tips, healthy cooking demo videos, workout/training tips, 24/7 access to Lenore Gregson – IFBB Pro via private message, weekly progress picture taken IN SHORTS, WORKOUT CLOTHES, or BATHING SUIT, required measurements and weigh in on weekly basis, support system with other team participants, and more!
- Must have a Facebook account
- Each Friday participants will be required to post front and back progress pictures along with weight and measurements of chest, waist, and hips to Lenore – IFBB Pro’s PRIVATE Fit Challenge page that only participants have access to.
- Participants will be required and accountable to follow instructions given on meal planning, workouts, and follow program on a daily basis.
- Participants will be required to actively participate on page sharing daily obstacles, questions, ask for help, and encouragement.
- Participants will be required to share their story. Details on this will be explained 2<sup>nd</sup> week of program
- Those that have done the program before get 50% off of this program IF THEY GET ANOTHER INDIVIDUAL THAT HAS NOT DONE THE PROGRAM BEFORE TO PARTICIPATE.
- Each week a Challenge will be given in addition to Program. A Champ of The Week will be selected and the Participant that wins will receive a gift valued at \$50 or more. Lenore – IFBB Pro will have final say on who the Champ of The Week is.
- 10-Week Fit Challenge is an ON-LINE Fit Program, but each Participant will receive ONE 1-hour weight training session with Lenore-IFBB Pro, which is a \$90 value. (Invalid for those outside of San Antonio, Texas)
- Those that have done this program and are doing this program will receive 50% off additional one on one trainings if desired. (50% off = \$45 per one hour session)
- Participants agree to allowing Lenore-IFBB Pro to use photos for marketing purposes. (no faces will be shown)
- PARTICIPANTS THAT AGREE TO JOIN & PAY FOR THE FIT CHALLENGE UNDERSTAND THAT THEY WILL BE ELIMINATED FROM PROGRAM IF THEY DO NOT FOLLOW ABOVE INSTRUCTIONS AND DO NOT POST WEEKLY FRIDAY PROGRESS PICTURES BY 8PM – A MUST AND NO EXCEPTIONS! PARTICIPANTS ALSO UNDERSTAND THEY WILL FORFEIT ALL MONEY PAID INTO PROGRAM IF ELIMINATED AND NO REFUND WILL BE GIVEN.
- PARTICIPANTS UNDERSTAND THAT ONCE YOU HAVE PAID AND AGREED TO PROGRAM, NO REFUND WILL BE GIVEN UNDER ANY CIRCUMSTANCES.

# 10-WEEK FIT CHALLENGE AGREEMENT & COST

- Cost - \$20 per week. TOTAL due one week prior (Friday, December 29, 2017) to program beginning: \$200 with Registration Form.
- Payment can be made:
  - On-line at <http://kaisermedicalmanagement.com/contact-us/kmm-payment-form/>
  - Or, mailed to: KMM, PO BOX 780192, SAT 78278

**10-week fit challenge will run from  
January 5, 2018 – March 16, 2018.**

I, \_\_\_\_\_, have read and understand entire agreement of the Fit Challenge and agree to all above requirements and conditions of the program. I understand I am ultimately responsible for my health/fit goal and understand this program is to assist me with my goal. I understand I will forfeit all money paid for program if I do not follow protocol, do not post Friday progress pictures as stated (I will have up to 24-hours to post, but will be eliminated by Saturday night), or/and am not actively participating in program after a week. I agree to all terms.

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ PHONE #: \_\_\_\_\_ CELL # \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

REFERRED BY: \_\_\_\_\_ HAVE YOU DONE THIS PROGRAM BEFORE? (CIRCLE ONE) YES NO

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

SCAN AND EMAIL TO [lenore@kaisermedicalmanagement.com](mailto:lenore@kaisermedicalmanagement.com) or fax to 1-888-688-4176