



9-WEEK FIT CHALLENGE

JANUARY 4, 2019 – MARCH 8, 2019

DETAILS OF 9-WEEK FIT CHALLENGE PROGRAM & REQUIREMENTS

- Includes weekly meal planning, fit tips, healthy cooking demo videos, weekly Champ Challenges, weekly Field Trips, 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. Not doing so will cause you to be eliminated from program & no refunds will be given.
- Participants will be required and accountable to follow instructions given on meal planning, workouts, and follow program on a daily basis. Not doing so may result in removal from program.
- 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 2nd 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 \$30 or more. Lenore – IFBB Pro will have final say on who the Champ of The Week is.
- 9-Week Fit Challenge is an **ON-LINE Fit Program**
- Those that have done this program and are doing this program will receive 50% off one on one trainings if desired. (50% off = \$45 per one weight training 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.

9-WEEK FIT CHALLENGE AGREEMENT & COST

- Cost - \$22 per week. TOTAL due one week prior (Friday, December 28, 2018) 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

**9-week fit challenge will run from
January 4, 2019 – March 8, 2019.**

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 or fax to 1-888-688-4176