

Purlife Fitness' "60 Day Challenge" Rules

1. To qualify for the **Purlife Fitness 60 Day "DIE FAT, DIE!" Challenge** you must:
 - A. Purchase a Personal Training Package Ten (10) pack of sessions between **1/26/2020 and 2/07/2020**.
 - B. Complete Personal Training package before the end of your 60-day period. **(No later than 4/5/2020)**
 - C. Be an active or former **Purlife Fitness Centers** member. (Non-members allowed if referred by a **Purlife Fitness Centers** member or participating business/sponsor.)
2. All participants must weigh in on the InBody Body Fat analyzer at the beginning and end of the contest. First weigh-in allowed between **1/29/2020 and 2/5/2020**, last weigh-in must be no more than 60 days after your first weigh in. **Contestants are allowed to start the contest after Feb. 5th, 2020 as long as their last weigh is on or before 4/05/2020. No exceptions.**
3. **Contestants will be awarded:** 1 (one) point per pound of fat lost, 1 (one) point per pound of muscle gained, 5 (five) points for every 10 (ten) personal training sessions used, **Contestants will be penalized:** -1 (minus one) point per pound of fat gained, and -1 (minus one) point per pound of muscle lost. **MyZone** winner will be awarded for the most MEP's during February and March. Winners will be announced on April 11th, 2020.
4. Overall winner will be chosen by a collective score. The score will be composed of 60% points earned, 20% Trainer Votes, and 20% Participant Votes.
5. Rules subject to change by the organizers. Contest and prizes are for entertainment only. All decisions final.

Name: _____

Email: _____

Phone: _____