

MS Fitness Challenge 2013

1) Go to participating gym location to get started. Please bring confirmation number that was given after signing up for challenge online.

2) Meet with the MS coordinator to get your key tag and training sessions/trainer scheduled for first session. At this time the MS Challenge Coordinator at the gym location will get to know the participant and hear their story, challenges and so forth to help match them up with a trainer. The MS coordinator will also show the participant around the gym and getting them acquainted.

3) The MS coordinator will then take the before picture and measurements; waist, hip, thigh and weight and also taking the body composition. The MS coordinator will also take down what the participant wants to accomplish. Creating a profile for the participant that will be given to the trainer they are paired up with. (And if participant wants can be put up on the website, but only if participant wants to.)

4. Participant will meet with their trainer at the scheduled times.

5. First week participant will be given nutrition plan to follow.

6. Week two, MS coordinator will follow up with the participant to see how their first week was and to see if they need any additional encouragement, help, and questions answered. If MS coordinator cannot answer these questions, MS coordinator will then get in touch with the people on the MS Challenge Team that can answer these questions.

7. End of Challenge – Photos and measurements need to be taken and then winner chosen.

There are 2 different Challenges you can enter

INSPIRATION

- * Follow 12 Week Program
- * Must Register Online
- * Follow Nutrition Plan For 12 Weeks
- * Must Meet With A Trainer 1 x Week
- * Must Work Out On Own Minimum of 2 x A Week
- * Must Take A Before & After Picture
- * Write Out Story of Inspiration

Inspiration Challenge: Winner is picked by story and total Fitness progress accomplished.

TRANSFORMATION

- * Follow 12 Week Program
- * Must Register Online
- * Follow Nutrition Plan For 12 Weeks
- * Must Meet With A Trainer 2 x week
- * Must Work Out On Own A Minimum of 3 x A Week.
- * Must Take A Before & After Picture
- * Must Take Measurements

Transformation Challenge: Winner is picked based on before and after pictures, body fat percentage lost, and over all body composition transformation.

Rules/Guidelines for the MS Fitness Challenge:

- 1. Meet with a trainer a minimum of one time a week.**
- 2. Follow nutrition program designed by Diet Free Life**
- 3. Work out a minimum of three times a week on your own.**
- 4. Have call with MS Coordinator once a week to follow up on progress and discuss challenges you may be facing that week.**

There will be 2 WINNERS chosen for each Challenge. One Male and One Female winner for both Inspiration and Transformation.

WINNERS of each category will receive:

- One year membership to the local gym that hosted the MS Fitness Challenge in their area**
- One year supply of FitPro Protein shakes**
- One year supply of NaturalBody DEFENSE anti-inflammatory supplement**
- KewlFit Cooling Vest**
- MS Fitness Challenge Award**

FOR ADDITIONAL INFORMATION PLEASE EMAIL david@bishopolyons.com.