



Personal Training

3 Month YourFit Body Transformation Competition

Monday February 6th through Monday May 7th

- Begin with an assessment which includes weight and body fat percentage.
- Train with Owner and Certified Personal Trainer Chris Ogren twice per week and on your own for 13 weeks.
- Reassess at the end of the 13 week period.
- The winner will be declared based upon the point system seen below

1 point per pound lost
2.5 points per 1% Body fat lost

Winner will earn a \$350 Visa Gift Card, 20% off the next competition and their name engraved on the competition plaque.

How much will it Cost?

\$599

\$75 off if you register by December 26th

\$50 off if you register by January 9th

\$25 off if you register by January 23rd

Tidbits

- Can compete as Pairs (couples, friends, complete strangers.....your results are simply averaged)
- BF% taken by bioelectrical impedance to eliminate bias/human error.
- Late weigh-ins will result in a 2 point reduction per day.
- All paperwork such as Waivers and Health History Forms must be completed before first session.

Yourfitstudio.com

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What we are looking for?
12-\$25 Gift Cards

1) A \$25 Gift Certificate for the winner of the competition.

Once the competition is over the winner can continue to earn prizes for maintaining their body fat percentage.
Gift card will only be rewarded to the winner for maintaining body fat percentage (within 1.5%) each month.

Requirements to qualify for each monthly reward.

-Have not gained anymore than 1.5% Body Fat as compared to the final weigh-in (January 27th).
If at any point you fail to maintain or fall with in the variance, you are no longer allowed to earn any following months rewards.

2) **\$400 Sponsorship Option**

Logo on the Red T-shirt

T-shirt Front

YourFit Body
Transformation Competition

T-shirt Back

YourFit Body
Transformation Competition
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Sponsored by ?
(Logo)

\$600 Sponsorship Option

_____ would be the only sponsor and are allowed one contestant in the competition

Maximum Total Amount
\$900 (\$600 for sole sponsorship and 12- \$25 Gift Cards)

Minimum Donation - 1-\$25 Gift Card

