



9-WEEK NEW YEAR'S JUMP START CHALLENGE

NUTRISHOP
COEUR d'ALENE

ALL NEW – 3 CHALLENGES IN 1

Win prizes for losing the most pounds of body fat, most percent of body fat AND most pounds of muscle gained! You will automatically be entered in ALL 3 categories!

DATES

- **Initial weigh-ins:** Monday–Saturday, January 3–8, 2022 at Nutrishop CDA.
- **Weekly check-ins:** Mandatory, however, you may miss a total of 3 and still qualify for prizes.
- **Final weigh-ins:** February 28–March 5, 2022.

ENTRY DETAILS

Entry fee: \$50 to enter ALL categories, OR **FREE** entry with purchase of \$150 in supplements at time of sign-up! (**EVOLT members:** Only \$25 to enter or **FREE** with a purchase of \$99 or more in supplements).

What does entry include?

An easy-to-follow meal plan designed to balance blood sugar and help you lose fat while maintaining muscle and energy, a grocery list, a **FREE** shaker cup and sample. If you are an Evolt member, you will receive customized macros for your goals and a grocery list.

WHAT ARE THE PRIZES?

- The man and woman who lose the most *POUNDS* of body fat win a **\$200** Nutrishop gift card, a **2-month membership** to Fuel Fitness, **\$100** Modern Sculpting gift card, and **1-FREE hour** massage at Elements.
- The man and woman who lose the most *PERCENT* of body fat win a **\$200** Nutrishop gift card, a **2-month membership** to Fuel Fitness, **\$100** Modern Sculpting gift card, and **1-FREE hour** massage at Elements.
- The man and woman who *GAIN* the most *POUNDS* of muscle win a **\$200** Nutrishop gift card, a **2-month membership** to Fuel Fitness, **\$100** Modern Sculpting gift card, and **1-FREE hour** massage at Elements.
- **Challenge Special: Buy 3 get 1 FREE** throughout the challenge.

See store for all the rules and details.

NUTRISHOP® COEUR d'ALENE

3514 North Government Way | Coeur d'Alene, ID 83815 | (208) 292-4611
Located in the Costco parking lot, across from Black Sheep behind Starbucks.

Nutrishop CDA | @NutrishopCDA | www.NutrishopCDA.com

