

9-WEEK NEW YEAR JUMP START CHALLENGE

RULES AND REWARDS



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!

When and where can I weigh-in?

All weigh-ins will be held at Nutrishop® Coeur d'Alene in the Costco plaza.

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

Nutrishop® Challenge Benefits

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). This includes:
- » 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.
 - » **Challenge Special: Buy 3 get 1 FREE** throughout the challenge
 - » **Men and Women:** 16 and up are welcome to compete.

What are the requirements for prizes?

To remain qualified for prizes, you must weigh-in a total of 6 times, including your initial and final weigh-in.

- » Weekly weigh-ins are required. You will NOT be disqualified if you miss a required weigh-in week. You may miss 3 and still qualify.
- » YOU MUST ALSO CHECK-IN ON EITHER FACEBOOK OR INSTAGRAM WHEN YOU DO YOUR WEIGH-INS, A MINIMUM OF 6 TIMES. Please ask us if you need help doing this.
- » **NOTE: In order to qualify for prizes, you must purchase \$99 or more in supplements before the end of the Challenge. If you spend \$150 to get free entry, you are already qualified.**

Three Major Challenge Categories

All winners will be determined upon the following point system.

- » The man and woman who lose the most pounds of FAT wins!
- » The man and woman who lose the most PERCENT of fat wins!
- » The man and woman who GAIN the most pounds of muscle wins!

Note: In the rare event of a tie, the winner will be determined by a coin toss, or can choose to split the prizes.

What are the prizes?

- » The woman and man who lose the most pounds of body fat win a **\$200 Nutrishop gift card***, a **2-month membership** to Fuel Fitness, a **\$100 Modern Sculpting gift card**, and a **FREE hour massage** at Elements.
- » The woman and man who lose the most percent of body fat win a **\$200 Nutrishop gift card***, a **2-month membership** to Fuel Fitness, a **\$100 Modern Sculpting gift card**, and a **FREE hour massage** at Elements.
- » The woman and man who gain the most pounds of muscle win a **\$200 Nutrishop gift card***, a **2-month membership** to Fuel Fitness, a **\$100 Modern Sculpting gift card**, and a **FREE hour massage** at Elements.

See store for all the rules and details.



*Not valid on sale items, cooler drinks, bars, or with any other offers. One protein per purchase. Valid in-store at Nutrishop® Coeur d'Alene location only.