



9-WEEK FALL TRANSFORMATION CHALLENGE

NUTRISHOP AND
COEUR d'ALENE

fuel
FITNESS
& NUTRITION

DATES

- **Initial weigh-ins:** September 14–19, 2020 at Nutrishop® CDA
- **Weekly check-ins:** Mandatory, but you may miss a total of 3 and still qualify for prizes.
- **Final weigh-ins:** November 09–14, 2020

THREE MAJOR CATEGORIES

- Ages 16 and up are welcome to compete

INDIVIDUAL Transformation (Women and Men):

- 1 pound of FAT lost = 1 point
- 1 percent of FAT lost = 1 point
- 1 pound of MUSCLE gained = 1 point
- 1 pound of MUSCLE lost = Lose 1 point.

TEAM Transformation:

Can be any 2 genders. Same point allocation as Individual, we just combine both team member's points together at the end. This is our most popular category!

GAINER Transformation:

- 1 pound of MUSCLE gained = 1 point
- 1 pound of FAT gained = Lose 1/2 a point

HOW TO MAKE AN APPOINTMENT

EARLY SIGN-UPS AND MEAL PLANNING

If you need a meal plan done for you, we **HIGHLY** recommend that you come in the week of 9/7-12 to get signed up early and your meal planning done. This way we will be able to spend more time with you. If you can't make it early, we will still be able to get your meal plan done when you weigh-in."

ENTRY DETAILS

Entry fee: FREE with a \$150 purchase or \$50 without purchase.

Includes:

- 1/2 gallon water jug OR workout towel, shaker cup, sample
- FREE 1-week pass to Fuel Fitness
- FREE custom nutrition program
- FREE weekly InBody analysis
- FREE weekly personal coaching
- FREE accountability

- **Challenge Special:** Buy 3 get 1 FREE throughout the Challenge

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.

WHAT ARE THE PRIZES?

INDIVIDUAL Category: 1 female and 1 male will win \$250 CASH, \$150 Nutrishop® gift card, a 6-month membership to Fuel Fitness, and many other prizes to be announced.

TEAM Category: \$600 CASH, \$200 Nutrishop® gift card, a 6-month membership to Fuel Fitness, and many other prizes to be announced.

GAINER Category: \$200 Nutrishop® gift card and a 6-month membership to Fuel Fitness.

NUTRISHOP® COEUR d'ALENE | 3514 N. Government Way
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Located in the Costco parking lot, across from Black Sheep behind Starbucks.