

FALL BODY TRANSFORMATION CHALLENGE RULES:

- Regardless of which entry fee or package level you sign-up for, you will be eligible for the prizes.
- The beginning weigh-in dates are September 18th through 21st.
- Final weigh-in must be done between October 29th through November 1st (no final weigh-ins after 1st.)
- All weigh-ins must be signed up for in advance and beginning and final weigh-ins must be done at approximately the same time of day.
- One interim weigh-in, between October 8th to 11th, is required to be completed by all individuals in order to qualify for the grand prize; but only the net change on the final weigh-ins count for calculating the score.
- All contestants must check-in each visit to Shore Results and/or to Eastpointe Health & Fitness.
- All contestants must complete a registration and liability form.
- Members and non-members are recommended to complete four (4) workouts per week minimally (24 total workouts) during the contest. A combination of strength training, cardiovascular and group fitness classes are recommended to achieve maximum results.
- There are three mandatory weigh-ins, approx. every 3 weeks. If any individual fails to weigh-in prior to the required dates the individual will automatically be disqualified. (Please note: it will be the responsibility of the individual, not Eastpointe Health and Fitness, to ensure the weighs-in on time.)
- Participants must weigh in without shoes and with minimal clothing (they are comfortable with).
- Participants must wear exactly the same clothing and weigh in at the same time of day for both the first and the final weigh-ins.
- Participants may weigh-in at designated times, and must be checked in and have their weight recorded by a Eastpointe team member. First and final weigh-ins must be at the same time of day.
- Winners in the body fat % category are determined based on a percentage of the total percentage of body fat change. For example: a participant that drops from 20% down to 18% would be equivalent to a participant that drops from 10% down to 9%.
- To qualify for a prize, any prior contestants will be limited to a starting body fat of no more than 1.3x their lowest body fat measurement from previous contests. For example: if the contestant ended a prior Eastpointe challenge at 10% body fat, their starting body fat for this challenge will be set at 13%, even if their actual body fat percentage is higher. The body fat calculation and data will be provided to the contestant and agreed upon prior to beginning the contest.
- Maintaining body water at a consistent level is imperative to get an accurate result. If a participant's total body water changes more than 2% during a weigh in, management reserves the right to either disqualify the results or require another weigh in.
- The prize packages will be a combination of cash and prizes with a value dependent upon the total number of registered participants.
- No refunds will be issued after the registration fee is paid.

WEIGH IN DATES:

Initial
Sept 18th thru 21st

Interim
Oct 8th thru 11th

Final
Oct 29th thru Nov 1st

