



New Year New You 6 Week Challenge

Rules & Information

Presented by

Motivated By Lisa & Nutrition By Bec



✓ **START DATE (1ST WEIGH IN):**
JANUARY 8th in Gym with Lisa
(Photos, Weight, & Measurements will be taken, Q&A)

✓ **CHECK IN:**
JANUARY 29 in Gym with Lisa
(Weight & Measurements will be taken, Q&A)

✓ **FINISH DATE (LAST WEIGH-IN):**
FEBRUARY 19th in gym with Lisa
(Photos & Weight & Measurements will be taken)

🏋️ WEIGH-IN IS MANDATORY!
ON THE DAY OF WEIGH IN DURING GYM HOURS.
NOT WEIGHING IN WILL DISQUALIFY YOU!
WHEN YOU WEIGH IN IT WILL INCLUDE THE FOLLOWING:
MEASUREMENTS, SCALE CHECK PHOTOS, FRONT, SIDE, AND BACK
Please wear sports bra and leggings

🏋️ WORKOUTS ARE MANDATORY!
YOU MUST WORK OUT IN THE GYM OR VIRTUALLY 3x A WEEK
IF YOU EVEN MISS ONE WEEK OF 3 WORKOUTS YOU ARE DISQUALIFIED!
SORRY NO EXCEPTIONS!

🏋️ CHECK INS ARE MANDATORY!
YOU MUST MAKE A POST
OR CHECK IN ON YOUR FACEBOOK PAGE EVERY TIME YOU WORKOUT.
IT CAN BE SOMETHING SIMPLE AND IT DOES NOT HAVE
TO BE A PICTURE IF YOU DO NOT WANT.
MUST TAG THE MOTIVATED BY LISA PAGE TO CHECK IN ON FACEBOOK.

***ALL CLASSES MUST BE BOOKED THROUGH THE GLOFOX APP**

EXISTING MEMBER SIGN UP FEE
\$200.00
NON MEMBER SIGN UP FEE
\$450.00

Sign Up Fee Includes UNLIMITED gym use during 6 week challenge
(365.00 value) \$50 of each sign up fee goes into the winners pot for the grand prize!

