

'THE HEAT IS ON!'

CHALLENGE 2010

The challengers **must sign the challenge commitment form and bring it on Pre-Test day**. You need to be a member during the duration of the challenge. The cost to do the challenge is \$15.

April 3rdth is the Pre-Test Day. You must sign up online if you are a current member, if not, notify me via phone or email to sign up for pre-testing.

Official start is April 3rd and you will have 8 weeks to prove that 'The Heat is On' by excelling and doing your ultimate best on your final fitness test, nutrition accountability and body composition measurements. You will commit to doing an initial fitness test, body composition measurements, 4-6 workouts total per week (**MINIMUM TWO at SBF**) logging their nutrition for first two weeks.

April 18th is the 2 week nutrition log deadline. Those who turn in their logs by midnight will still be in the challenge. A prize drawing will take place for those who turned in their logs FULLY COMPLETED.

Saturday May 29th will be Final Test Day, ending the 8 week challenge. Awards will be presented Sunday June 6th.

'Fuel the Fire' Factors

Nutrition Log for 2 weeks April 3-17th.

- * Log all items that go into your mouth
- * Food:
Amount/ Calories/ Carbs/ Fats/ Protein/ Fiber
- * Turned in April 18th by midnight.

Body Composition Factors:

Circumference Measurements
Weight
Body Fat % (Scale and Measurement Factors)

Resting Heart Rate

BMI (Body Mass Index)

Tools can be found at
www.skinbodyfitness.com/help.htm

Fitness -inside

Pull-ups wide grip over-handed
Vertical Leap
Push-ups
Squat Test
Sit-up (1 minute Test)
Side Yoga Plank R/L for time
Trunk Rotation Test

Fitness -outside

1 Mile Test
Shot Put Test
Agility Test

THE HEAT IS ON! CHALLENGE 2010

I, the challenger will show 'The Heat is On' during all of our sessions together, as well as, on my own. I will respect and push my limits to achieve peak fitness levels.

I will commit to eating a healthy diet to support and achieve my goals, logging it for first two weeks.

Skin & Body Fitness will commit to bring 'The Heat is On' for the challengers by bringing new exercises, equipment and motivation to the table. Phone, text and email support, as always, is available to the challengers if they need help or advice for their workouts at home, heart rate zones, motivation, and nutrition.

This challenge offers either (2) 15 min sessions or one 30 min session to check in with me or work on achieving your "heat" for the challenge. These must be scheduled with me via person, phone or email.

The cost to do the challenge is \$15.

The winner will be the challenger who has the **most improved Body Composition and Fitness Level** based on the final fitness test and body measurements.

The top winner will receive **\$100 cash, massage gift certificate, PLUS MORE...**
Good Luck!

I _____ accept the 'Heat is On' Challenge 2010!
(print name)

I am committed to log first two weeks nutrition (a drawing for those who make it to thru the food log challenge.) I will commit to working out 4-6 times a week with a variety of workouts.

Sign _____ Date _____

(Fill out and turn into Skin & Body Fitness in person at Pre-Test April 3rd)