



**2<sup>nd</sup> Annual “Best**

**Shape Ever”**

## **Challenge**

**brought to you by Functions of Life**

**The Goal:** To lose most Body Fat % and Circumference Inches possible in a 10-week time frame. Results will be determined by the highest % lost, total amount of inches lost, and those who were successful on their accountability sheet. Below are packages available to you.

### **\$75 – Entry Only + MyZone Belt**

- Entry into “BEST SHAPE EVER” CHALLENGE and weekly email coaching from fitness experts, including guidelines and strategies for success, nutritional assistance, exercise protocol and motivation.
- Personal Goal Tracking Sheet aimed to Decrease Alcohol, Decrease Added Sugar, Track Strength Training, Track Cardio Training + FREE \$40 MyZone Belt
- Full fitness assessment including Body Fat % and Circumferences Measurements performed at the beginning and at the end of the Challenge.

### **\$300 – Head Start Entry + 20 Classes + MyZone Belt (Save \$35)**

- Entry into “BEST SHAPE EVER” CHALLENGE and weekly email coaching from fitness experts, including guidelines and strategies for success, nutritional assistance, exercise protocol and motivation.
- Personal Goal Tracking Sheet aimed to Decrease Alcohol, Decrease Added Sugar, Track Strength Training, Track Cardio Training + FREE \$40 MyZone Belt
- Full fitness assessment including Body Fat % and Circumferences Measurements performed at the beginning and at the end of the Challenge + **20 FITNESS CLASSES including anything on our updated schedule.**

### **\$450 – Competitive Edge Entry + 3/Mo Unlimited + MyZone (Save \$85)**

- Entry into “BEST SHAPE EVER” CHALLENGE and weekly email coaching from fitness experts, including guidelines and strategies for success, nutritional assistance, exercise protocol and motivation.
- Personal Goal Tracking Sheet aimed to Decrease Alcohol, Decrease Added Sugar, Track Strength Training, Track Cardio Training + FREE \$40 MyZone Belt
- Full fitness assessment including Body Fat % and Circumferences Measurements performed at the beginning and at the end of the Challenge + **UNLIMITED CLASSES including everything on our updated schedule.**

### **\$750 – MVP Entry + 10 Wks of Personal Training + MyZone (Save \$165)**

- Entry into “BEST SHAPE EVER” CHALLENGE and weekly email coaching from fitness experts, including guidelines and strategies for success, nutritional assistance, exercise protocol and motivation.
- Personal Goal Tracking Sheet aimed to Decrease Alcohol, Decrease Added Sugar, Track Strength Training, Track Cardio Training + FREE \$40 MyZone Belt
- Full fitness assessment including Body Fat % and Circumferences Measurements performed at the beginning and at the end of the Challenge + **20 PERSONAL TRAINING SESSIONS (30 Min PT or 60 Min Group PT) helping you reach your goals faster than any other method with custom workouts and a trainer that is NOT going to let you give up.**

**Dates of Competition: January 6<sup>th</sup> – March 17<sup>th</sup>**

**Huge Cash Prizes, Gift Certificates, Free Classes, and Free Personal Training will all be given out at the end to those that finish at the top!**

**Competition Details:** At the start of the competition, all contestants will weigh-in at Functions of Life (10155 Broadview Road, Broadview Heights, OH 44147) anytime AFTER January 6<sup>th</sup> (not before) with only shorts, t-shirt and socks in order to record official baseline weight. From there, contestants must weigh-in every week while only missing 2 weigh-in to maintain eligibility. Throughout the competition, they will receive coaching, tips, tricks, and motivational emails along with being required to follow \*NEW\* Accountability Tracker. A final weigh-in will determine winners. Prizes based on the amount of entries.

**www.FunctionsofLife.com**  
**(440) 263-0355**