



8th Annual

Broadview Heights

Weight Loss Competition

brought to you by Functions of Life

The Goal: To lose the most amount of weight in a 10-week time frame. Winners are determined based on a % of weight that has been lost compared to their original starting weight. Below are the packages available to you.

\$75 – Entry Only

- Entry fee for competition and eligibility to win Grand Prize and weekly email coaching from fitness experts, including guidelines and strategies for success, nutritional assistance, exercise protocol and motivation.
- Personal Goal Tracking Sheet to display true accountability for your progress + FREE \$40 MyZone Belt

\$300 – Head Start Entry + 20 Class Package (Save \$35)

- Entry fee for competition and eligibility to win Grand Prize and weekly email coaching from fitness experts, including guidelines and strategies for success, nutritional assistance, exercise protocol and motivation.
- Personal Goal Tracking Sheet to display true accountability for your progress + FREE \$40 MyZone Belt
- **20 Fitness Classes** (expires 4 Months) including all of our extremely effective classes on the 2021 schedule.

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

- Entry fee for competition and eligibility to win Grand Prize and weekly email coaching from fitness experts, including guidelines and strategies for success, nutritional assistance, exercise protocol and motivation.
- Personal Goal Tracking Sheet to display true accountability for your progress + FREE MyZone Belt
- **UNLIMITED CLASSES** including all of our extremely effective classes on the 2020 schedule.

\$750 – MVP Entry + 10 Weeks of Personal Training (Save \$165)

- Entry fee for competition and eligibility to win Grand Prize and weekly email coaching from fitness experts, including guidelines and strategies for success, nutritional assistance, exercise protocol and motivation.
- Full fitness assessment including Body Fat % and Circumferences Measurements.
- Personal Goal Tracking Sheet to display true accountability for your progress + FREE MyZone Belt
- **20 PT Sessions** (30 Min PT or 60 Min Group PT) helping you reach your goals faster than any other method with customized workout programs and a trainer that is NOT going to let you give up.

Dates of Competition: January 6th – March 17th

**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 6th (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.

(440) 263-0355