



4th Annual “Best

Shape Ever”

Challenge

brought to you by Functions of Life

The Goal: To lose most Body Fat % and Waist Circumference Inches possible in a 10-week time frame. Results will be determined by the highest % lost, total amount of waist inches lost, and by your own standards for yourself with where you want to be in respect to your goals. Below are packages available to you.

\$50 – Entry Only

- 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 Accountability Tracking Sheet aimed to Decrease Alcohol and Sugar, and to track Strength Training and Cardio.
- Full Body Fat % Assessment and Waist Circumferences Measurements performed at beginning and end of the Challenge.
- All “Best Shape Ever” Challengers are automatically entered into Weight Loss Competition for no extra cost.

\$275 – Head Start Entry + 20 Classes

- 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 Accountability Tracking Sheet aimed to Decrease Alcohol and Sugar, and to track Strength Training and Cardio.
- Full Body Fat % Assessment and Waist Circumferences Measurements performed at beginning and end of the challenge.
- **20 Fitness Classes** (expires 4/1/23) including all of our extremely effective classes on the 2023 schedule.

\$400 – Competitive Edge Entry + 10-Weeks Unlimited Classes

- 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 Accountability Tracking Sheet aimed to Decrease Alcohol and Sugar, and to track Strength Training and Cardio.
- Full Body Fat % Assessment and Waist Circumferences Measurements performed at beginning and end of the challenge.
- **10-Weeks of UNLIMITED CLASSES** including all of our extremely effective classes on the 2023 schedule.

\$750 – MVP Entry + 10-Weeks of Personal Training

- 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 Accountability Tracking Sheet aimed to Decrease Alcohol and Sugar, and to track Strength Training and Cardio.
- Full Body Fat % Assessment and Waist Circumferences Measurements performed at beginning and end of the challenge.
- **20 Personal Training** (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: Jan 7th – Mar 18th

First Weigh-Ins can begin on Saturday, January 7th ~ Last Weigh-Ins will end on Saturday, March 18th

Challenge Details: At the start of the challenge, all contestants will weigh-in and do measurements at Functions of Life (10155 Broadview Road, Broadview Heights, OH 44147) anytime ON or AFTER January 8th (not before) with only shorts, t-shirt and socks in order to record official baseline weight and body fat %. Must personally schedule with Coach Mike (440) 263-0355 for Body Fat % and Waist Circumference, contestants can optionally weigh-in every week while only missing 1 weigh-in to maintain eligibility for Weight Loss Competition. Throughout the challenge, they will receive coaching, tips, tricks, and motivational emails along with being required to follow our Personal Accountability Tracker. There are no specific prizes for this challenge, this is completely meant for you to get in the best shape ever!

www.FunctionsofLife.com
(440) 263-0355