

January – March 2019

The Grand PRIZE:

\$500+ Visa Gift Card

20 Participants \$500 Grand Prize

21-30 Participants \$750 Grand Prize

31-40 Participants \$1000 Grand Prize

- Total Grand Prize is based on how many complete the 8 week challenge.

Weekly Prizes Given Out

Rules:

1. Starts on your first weigh between **January 2- February 1<sup>st</sup>, 2019**
2. Competition ends 8 weeks after your start date.
3. Must use the Ideal Protein Method of weight loss.
4. Points will be earned base on body fat percentage lost, pounds lost, and compliance.
5. The prize \$500+ Visa Gift Card will be given out at the beginning of **April 2019**.
6. Participants will receive \$99 off the startup fee for the Ideal Protein Method if not a current member.
7. Participants must attend an Ideal Protein information session, see dates below, before first weigh in, if not a current member. If dates/times do not work for your schedule please call 952-435-5300 to schedule a one on one informational session.
8. Last date to weigh in for competition is **February 1<sup>st</sup>, 2019**
9. Last day to weigh out **March 29th, 2019**
10. If you are a current dieter and want to compete you can weigh in starting **January 2<sup>nd</sup>**.

**Info Session Dates\*:**

**6:15 pm on Mondays**



