



2021 8 WEEK TRANSFORMATION CHALLENGE

How would you like to look and feel your best by summer?

The **GOOD LIFE FITNESS** SHRED Transformation Challenge will give you the chance to do just that - as well as win major prizes, recognition and most important, a happier & healthier YOU!

ELIGIBILITY

Any **GOOD LIFE FITNESS** member, ages 18 and older is eligible to join. All participants will pay a \$25 entry fee to add to the jackpot, one male and female participant will win and split the cash prize. To help you reach your goals we are also offering a special Boot Camp 8 week rate for \$199. **GOOD LIFE FITNESS** employees & relatives of employees are encouraged to enter, but not eligible to win.

CATEGORIES

- Male
- Female

PRIZES

GOOD LIFE FITNESS Membership prizes will be awarded to the top finisher in each category. A jackpot of all the entry fees will be split between the top male finisher and top female finisher. Judging is done by **GOOD LIFE FITNESS** staff and is based on:

1. Photos
2. Body Composition results—including, but not limited to, body weight & inches lost
3. Completion of all requirements
4. Food log
5. Testimonial Video

REQUIREMENTS

- **BEFORE AND AFTER PHOTOS**— Please refer to the 2021 Good Life Fitness 8-week Shred Transformation Challenge Before and After photo tips document for help. Winners will be asked to take professional photos within 48 hours of completing the challenge.

- **BODY COMPOSITION TESTING**—At the beginning, and end of your 8-weeks. Testing will be available during times posted. For best results, measurements are taken by the same trainer each time.

- **EXERCISE**

- Complete & Record 42 Boot Camps, Group Fitness Classes, Cardio or Weight Workouts (30 Minute Minimum—Saturdays and Sundays are worth double!)

- Workouts can be completed at **GOOD LIFE FITNESS**, or outside of the gym and are on the honor system. However, ALL workouts must be initialed by a **GOOD LIFE FITNESS** staff member on the calendars attached.

With the opportunity to choose over 100 Boot Camps & Group Fitness Classes, we highly encourage you to choose a variety to help you with your fitness journey. If you are unsure of the proper program, we recommend the assistance of a **GOOD LIFE FITNESS** certified personal trainer.

When designing your fitness plan, please consider INTENSITY and CONSISTENCY. Does your program offer them? Former SHRED Challenge Winners found the greatest success with a combination of N-10sive Boot Camps and Group Fitness classes.

If you have an exercise plan that you're excited about, give each workout everything you've got! Push yourself to try harder and kick it up a notch! Focus all of your energy and intention on doing the very best workout that you possibly can each and every time!

- **NUTRITION**—Record Food Log 3 Days per Week for all 8 Weeks (Paper or Fitbit/Device)

At **GOOD LIFE FITNESS** we believe in changing daily habits to achieve fitness success for a lifetime! We do not believe in the low calorie, low carbohydrate program that starves your weight off. We have found these programs will backfire and cause more future struggles in achieving long-term fitness success. We offer the SHRED Nutrition Program which is individually customized for you. Ask a staff member for more information on the SHRED Nutrition Program and remember, "You Can't Out Train a Bad Diet!"

- **TRANSFORMATION JOURNEY TESTIMONIAL**

The goal is to inspire & motivate others to begin their own transformation! Include the following information in your video testimonial:

Why did you accept this SHRED Challenge & have you competed before at GLF or elsewhere?

What life struggles or setbacks inspired you to start?

What was your exercise plan? (# workouts/week, types of classes, cardio sessions/week, etc...)

What nutrition plan did you follow? Any supplements?

Did you exercise with a friend?

What were your initial goals?

What results did you achieve?

How did you feel at the beginning and during the SHRED Challenge?

How do you feel after completing the SHRED Challenge?

How can your transformation help inspire others to start their fitness journeys?

Did anyone help, inspire or encourage you along the way?

- **OPTIONAL MINI CHALLENGES**

Join our **Good Life Fitness 2021 8 Week Shred Transformation Challenge** Facebook page in order to participate in our Mini Challenges for a chance to win additional prizes!

THE “10TH PERSON” PHILOSOPHY

In addition to exercise & good nutrition, we want to encourage each participant to team-up with at least one other person who can give you support, encouragement & positive accountability along the way. **Studies show a 225% fitness success rate when people incorporate group accountability!** This is a major reason why our N-10sive Boot Camps & Group Fitness Classes have produced amazing long-term results!

HOW TO GET STARTED

To officially enter, pay the \$25 entry fee, then simply attend one of the scheduled body composition testing times. Your photos and measurements serve as your entry. You are encouraged to join our **Good Life Fitness 2021 8 Week Shred Transformation Challenge** Facebook page to encourage participants, share tips & advice and stay connected!

AFTER YOU FINISH

Your 8-Week SHRED Challenge is completed after your final photos and measurements are taken and your essay, food log, and workout calendars have been submitted.

Contest packets **MUST** be labeled in a sealed envelope and turned in at the front desk **NO LATER THAN ONE WEEK** following your final photos & measurements.

Top 3 male and female winners will be asked to do a short interview conducted by Long Tine Media.



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BEFORE/AFTER PHOTO TIPS

The hardest part of this challenge is taking the dreaded before photo! When starting your fitness journey you must establish a start point. This is the most important step for determining your fitness goals. Just imagine your NEW body transform over the period of weeks, months, years! This is a key element in the success of your transformation!! I wanted to share below several tips to help you take the “Perfect” photo.

When taking your photos, I highly recommend that you take many different pictures views and poses, you can never take too many. For different poses I recommend picking up a Muscle and Fitness or Oxygen magazine to help you decide. A common question is what to wear?!? For the before photos you are going to want to show the areas that are your trouble spots. I would recommend women to wear a swim suit or shorter shorts and a sports bra. Men should wear shorts (not too baggy) with no shirt. If your legs are skinny try to show off your hard work on those legs. Please use a similar outfit and poses for the before and after photos. When taking your after photos it’s a good idea to either do some tanning or use some bronzer to make your progress really stand out. **All photos submitted must be a good quality photo with a blank background.** The key for this challenge is to really show a dramatic change throughout your body.

March 2021

Name _____

Challenge _____

Number of workouts completed this month _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

GOOD LIFE FITNESS

N-105IVE BOOT CAMPS
FITNESS TRAINING



REAL PEOPLE

REAL RESULTS FOR REAL PEOPLE

CALL (402) 434-4444

April 2021

Name _____

Challenge _____

Number of workouts completed this month _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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May 2021

Name _____

Challenge _____

Number of workouts completed this month _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	30
					29	31

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