

Season 7 THE BIGGEST LOSER

CHALLENGE

January 21st – March 17th

****Weekly Last Chance Workouts***

****2 Team Challenges***

****Weekly Weigh-Ins***

****Training & Reformer Discounts***

****Weekly Assignments***

****Calorie Tracking***

****Nutrition Counseling***

It's Your Chance To Create Your Own Success Story!

**Winning Team Members Receive Individual Prizes
Top 3 Male/Female Winner, Receive Membership Dues +
Prizes
Individual Category Winners & Raffle Prizes**

**Sign-Up @ The Front Desk & Choose Your Last Chance Workout Time.
Only Accepting 140 Challengers, So Get On A Team Today!**

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Contestant's Name: _____

T-Shirt Size: _____

Phone #: _____

Email: _____

Sex: Male / Female

Member

Non-Member

Last Chance Workout:

Day:

Time: _____

PLEASE CHECK YOUR CHOICE(S) BELOW

Member Prices:	Non-Member Prices:
Challenge Only: \$75 _____	Challenge Only: \$175 _____
PEAK LIFE: \$75 _____ (opt	PEAK LIFE: \$75 _____
BodyBugg: \$189 _____ (optional)	(optional)
BodyBugg Watch: \$75 _____ (opt	BodyBugg: \$189 _____
3 PT / Reformer Sessions: \$99 _____ (op	(optional)
3 Buddy PT / Reformer: \$75 _____ (opt	BodyBugg Watch: \$75 _____
	(optional)

Payment Method: *Credit/Debit* *Cash* *Check* *Account*

TOTAL: _____

<p><u>Personal / Group / Reformer Option:</u> 3 Individual or Group (1-hour) Sessions With Your Team Trainer or Reformer Instructor</p> <p><u>PEAK LIFE Option:</u> Accurately Test Your Body Composition & Resting Metabolic Rate. Individualized Meal Plans & Grocery Lists.</p>	<p><u>BodyBugg Option:</u> Manage Calorie Expenditure & Consumption Through a Web-Based Interactive Program. Includes Weekly Tracking With Your Trainer!</p> <p><u>BodyBugg Watch Option:</u> Automatically Syncs With Your BB Armband To Provide Real-Time Results Of Calories Burned, Steps Taken & Minutes of Physical Activity.</p>
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Consent & Liability Waiver

By signing below I agree to participate in the "Biggest Loser Challenge". This will include before & after measurements, photos, and an optional personalized training program. I realize my risk in participating in any exercise and nutrition program & fully accept all responsibility at any workout site. I give my consent to Peak Health & Wellness to use my photo & name in any future publication or promotion if I am selected as a Semi-Finalist or Grand Prize Winner.

Signature: _____ Date: _____

