



Enrolling your Friends and Family into the Whole Life Challenge

One of the newest and most exciting features of the Whole Life Challenge 2012! If you are at all worried about what the challenge is going to be like for you, one of the best things you can do is make yourself the example! Create a challenge in your life where YOU are the leader! It's an extremely powerful way to bring the challenge to you and to take full control of your experience *and* results.

Here's what you want people to know:

DATES: Saturday, February 11th - Saturday April 7th, **COST:** \$25

How the game is played:

They will measure themselves at the beginning and end of the challenge to track improvement – body and performance. They can do this themselves or join us for our prelims and finals.

Every day they will be challenged to live by these rules, and can earn up to 6 points daily:

Nutrition – No grains or starches, no sugar (artificial or natural), no alcohol, soda or juice, no dairy and no artificial or processed foods. They can earn up to 3 points each day for nutrition. Violate one of the rules - subtract 1 point. The lowest score they can get on any day is 0.

Workout – Every day. The rule is 10 minutes minimum, and *they* get to say if it was a workout for them. They will receive 1 point for working out.

Mobilization – Stretch daily, 10 minutes minimum. They can do this any way they want and will receive 1 point for stretching.

Supplements – A daily dose of fish oil. There is no minimum dose that they are required to take. If fish oil isn't for them, commit to something that *is* important to them – Vitamin D, Calcium, Zinc and Magnesium, etc. They will receive 1 point for taking their supplement.

Scoring - Every day by 3:00 they will log into the scoreboard and report how they did the previous day. They will see their score on the community scoreboard, as well as on a small scoreboard on their profile page that contains only the members of your personal game.

Bonus Points - They will also have the chance to earn bonus points each week through weekly challenges that can help them catch back up, *or* that they can spend on little indulgences!

Winning – The winner is determined by a combination of accountability (rank on scoreboard), workout improvement and performance improvement.



WHAT THEY GET: Access to and use of our online daily scoreboard for their own accountability, our discussion forums, our blogs, our community and YOU as their leader.

Registering your friends - In your scoreboard profile, you have an invitation tab. Enter their email address and they will receive an invitation and instructions. This step is important, because your friends and family members will be associated with you, and you will all share a small, personal scoreboard on your profile page in addition to the master scoreboard that will contain all of the members of the challenge.

Creating the game for your friends and family members

What's really important for you to remember is that this should be fun as well as challenging. Just your sharing this experience with them is going to make a huge difference. They do not have to be as strict as you are in their nutrition rules. If this is the first time someone is really taking something like this on, it may not be appropriate to be as restrictive as we are.

As long as their adjustments don't run counter to fundamental aspects of the game, they can make subtle changes as necessary (before the game starts!) What really matters is that they have rules that are challenging for them and that will give them the results they are looking for – in their body and in their mastery of their lives. If they are willing to do it, we definitely recommend they take on our rules fully!

Prizes - one of the best ways to anchor into the game is to put something on the line. Have prizes! Create something that your friends and family members are playing for. It can be simple, but having something at stake is one way to help keep you in the game when the going gets rough.

What you will need:

- Firmly agreed to nutrition rules
- Workout guidelines
- Mobilization guidelines
- A supplement

As members of the challenge they will have full access to the resources of the game. They will post their scores, have access to the blog and discussion forums and experience the excitement that comes along with engaging with a community of highly motivated individuals. Any more questions, contact your coach!