



So they want you to do the Whole Life Challenge

Do you have a vision for your health and fitness? Are you interested in taking big strides in that vision? The Whole Life Challenge is a game that provides the **motivation**, the **accountability**, the **structure** and the **community** that can help to ensure success!

How the game is played:

You will be measured at the beginning and end of the challenge to track your improvement – body and performance. You may do this yourself or join us for our prelims and finals.

Every day you 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. You can earn up to 3 points each day for nutrition. Violate one of your rules - subtract 1 point. The lowest score you can get on any day is 0.

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

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

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

Every day by 3:00 you will log into the scoreboard and report how you did the previous day. You will see your score on the community scoreboard, as well as on a small scoreboard on your profile page that contains only the members of your friends and family game. You only have until 3:00 each day, so make it a habit!

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

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

WHAT YOU GET: access to and use of our online daily scoreboard for your own accountability, our discussion forums, our blogs and our community.

Registration - Signing up is simple – just let your friend know and they will send you an invitation to join. Follow the instructions and emails you receive and you will be all set up!