

## 2010 FEEL 'N FINE CHALLENGE AND CLEANSE

Congratulations on joining up for the upcoming challenge starting on Monday Mar 1-Jun 31, 2010! You have made a great decision to conquer your goals, be accountable and most likely get into the best shape that you desire.

Here are some guidelines and how the point system works:

First Mission: Mar 1-Jun 30, 2010

The competitor who earns the most points in the 4 month period wins the cash! The more people who sign up the more the pot grows! If you have not paid your \$30 cash entrance please do so this wk.

Second Mission Jul 1-Oct 31, 2010-set 4 new goals

Third Mission Nov 31-Feb 28, 2011-set 4 new goals

The competitor with the most points over the yr period will win the final prize of a trip! You can choose to only do 1 or 2 or all of the missions-however the people who stick to their goals all yr round will have a better chance of winning and maintaining their goals.

Points:

**Logging food on Weekly Food Log sheet** (provided) at least 5 days out of 7. Since some people will be cleansing and avoiding dairy and red meat/pork we will forgo giving points based on the Canada Food Guide. The simple act of logging your food makes you more aware of what you are or aren't eating! Nutrition is 80-90% of your health results so you will be amazed at how much this helps you. You must submit your diet logs to your Trainer at least once a month to tally your score and to offer suggestions when needed.

**(1 point a wk)**

**Logging Activity on Weekly Activity Sheet (provided)** 7 days a wk. We all have 24 hrs in a day; make your activity a priority! Every little bit helps, so keep track of walking to school/work/lunch break, housework, workouts...Submit monthly to your trainer. Your trainer if you are coming often will help you in the first wk to see if you are recording properly, otherwise a quick email or call will help you out.

**(1 point a wk)**

**Perfect attendance** – If you are attending Yoga, Core Class or Personal Training sessions and do not have to cancel for any reason and give 48hrs notice ahead of time you will score points monthly. Making your activity and training is a priority so if you can't make a session try to make it up through the wk. For those who are away or only train here once a month you can provide your activity log as record of your training and show us you have your 2 or 3 scheduled workouts on there for a month period (must submit at end of each month to get points).

**(1 point a wk)**

**Goals-** If you have not submitted your 4 month goal to your Trainer you should by the end of the first wk of Mar. Your Trainer will help you set smart goals that will be challenging enough to accomplish within the 4 month period. You must choose 4 goals and because of injuries, or personal reasons you do not need to choose one of each category but you must choose at least 2 categories.

**Categories:** Strength, Cardiovascular, Flexibility, Body Composition  
(3 points for each 4 month goal accomplished)

You can follow Cindy's progress on her facebook page and her activity and meals daily. I am doing the 30 day cleanse as are all the trainers at Feel'n Fine! It's not too late for you to join us, in cleansing your body of impurities so it can perform at its best!