

Contest Qualifications

Please read the follow contest details carefully

Length of time:

1. 12 weeks
2. Starting and ending dates see page 9

What makes up a team?

3. Four people: co-ed, all male, all female
4. Teams must have a Team Captain (this doesn't mean the captain does all the work), Vice Captain and two other contestants

Choose your team carefully. For details read *What is a team all about?* page 3

QUALIFICATIONS

Mandatory

5. Must be an IMPaX CAP, Associate or above
6. Must be taking ThermoFactor & LeanFactor supplements
7. Submit photos. For details read *Photo Requirements* page 2
8. Submit a body fat test. For details read *Progress Report* page 4 (Calipers or Futrex ONLY)
9. Same body fat method must be used at beginning and end
10. Submit measurements and weight. For details read *Progress Report* page 4
11. Three out of four teammates must complete the 12-week BodyPRIME contest to be eligible for prizes

Highly recommended (optional)

1. EnerPrime supplements
2. EnerEFA supplements
3. Vanilla Shake or Pudding Mix
4. Lemon or Chocolate BodyPRIME Protein Bars
5. Change of diet
6. Strength training & cardiovascular conditioning

You will be judged on the following

7. Combined Team:

Body fat loss
Inches lost
Pounds lost
Before & after photos
Teamwork
Life changing stories

8. Three out of four teammates must be present at the convention to receive awards

Withdrawing

1. You will not be penalized if one member of your team withdraws before the 12-week ending date
2. Three out of four teammates must complete the full 12 weeks to qualify for prizes
3. Completing the 12 weeks is highly recommended even if you lose teammates. This will bring you closer to your fitness and health goals. If you have worked with your team and some or even all of them were withdraw, you will still be eligible for the individual award. Stay focused!

Photo Requirements

How & where do I take my pictures?

1. Take pictures with a non-Polaroid camera (digital preferred)
Close-up of full body against solid background or wall (10-15 feet away). Please make sure when you take your after picture that you're the same distance as the before picture
2. Hold front page of current "USA Today" to show date.
3. Attach photos to *Photo Profile* unless they are digital. Digital photos must be e-mailed to Toni Mounts at: tmounts@impaxhealthprime.com. If you need to make other arrangements please contact Toni Mounts in advance of your ending date.

What poses do I take?

1. Front
2. Side
3. Back

What should I wear?

1. Men: Shorts or bathing suit with no shirt
2. Women: Shorts with crop-top or two-piece bathing suit

Who will see the pictures?

1. Your photos are kept in the strictest confidence

This is the first step to releasing the unwanted body fat you are now holding. This is the beginning of your BodyPRIME journey. As you send in your pictures it's helpful to say and visualize, "I am releasing my unwanted body fat and beginning my BodyPRIME journey."

Please send the following information to IMPaX at the end of your contest:

1. After photos
2. Success Story form
3. Progress Report, page 4 of 9
4. Please send all team information in one packet to IMPaX. Address on page 5
5. Please see deadline dates on page 9

WHAT IS A TEAM ALL ABOUT

WHAT IS A TEAM?

It's a group of people who are bonded together with one goal in mind (for some it may mean to finish while others to win). It's a group of people bound together to achieve something. Having everyone contributed something to the success of the project. It's a group of people working as a single unit. A successful team is a team that all have the same intent or goal.

WHAT IS TEAM SPIRIT?

It's a feeling of loyalty that the members of a group have toward others in the group. It's a group of people who pull together. It's the desire to work as a team. It's selflessness (acting with less concern for yourself than for the success of the joint activity). Remember it's working together with commitment, allegiance, loyalty, dedication, (intellectually or emotionally) to a course of action.

WHAT ABOUT YOUR WEAKNESS?

We all want to look strong and in control wouldn't you agree? Wouldn't you also agree, to allow someone to know your weaknesses makes you vulnerable? Actually it makes you accountable and most of us are uncomfortable with that. We say we want change but don't hold me to it! Am I hitting any buttons? Your weakness may be forgetfulness. You might need to ask the team to help you remember to take your ThermoFactor & LeanFactor. It might be cutting down on the cola you drink. Whatever it might be, the team should work as a team. Again, work together with commitment, allegiance, loyalty, dedication, intellectually or emotionally towards your BodyPRIME.

The BodyPRIME System + Teamwork + Team Spirit = SUCCESS.

Are you ready to work together? Think about 3 other people who would make a good team. Have a meeting to talk about goals, where you might need help or encouragement. Now it's time to come up with a fun and memorable name for your team.

Now you're ready to fill out the papers, get your body fat readings, measurements and photos completed and sent to me. This can be an exciting journey. Are you ready? So, what's stopping you?

Please sign and date to acknowledge you have read and understand "Contest Qualifications"

Signature

Date

Signature

Date

Signature

Date

Signature

Date

PROGRESS REPORT

Name: _____ Phone: _____ Height: _____ Age: _____
Fax: _____ E-Mail Address: _____

	Start		6 th Week		12 th Week		Futrex Instructions Please attach copy of tape reading here.
Weight							
Calipers (MM)							
Body Fat %							
Body Fat lbs.							
Lean Muscle lbs.							
Neck (thickest)							
Arms 4 5 6 7 8 in.	R	L	R	L	R	L	
Chest							
Waist							
High Hip 1 2 3 4 in.							
Low Hip 3 4 5 6 in.							
High Thigh	R	L	R	L	R	L	
Low Thigh 1 2 3 4 in.	R	L	R	L	R	L	
Calf (thickest)	R	L	R	L	R	L	

Body Fat – Measure at least 3 or more places on the body. Write measurement from each site tested in space marked “Calipers (MM)”. Example: 23+34+22= 79

How To Measure

1. **Neck:** Measure the thickest part.
2. **Arms:** Measure from the top of the shoulder down. Mark distance and measure circumference of arm. Circle inch used.
3. **Chest:** Measure across nipples.
4. **Waist:** Belly button level.
5. **High Hip:** Measure from belly button down. Circle inch used then measure circumference.
6. **Low Hip:** Measure from belly button down at a lower distance. Circle inch used.
7. **High Thigh:** Place tape measure at top of inseam and measure circumference of leg. This is usually the thickest part of the leg.
8. **Low Thigh:** Measure from top of knee up. Mark distance and measure circumference of leg. Circle inch used.
9. **Calf:** Measure the thickest part of the calf.

IMPORTANT - Use the same trainer to test body fat and measurements to ensure accuracy.

Trainer's Name: _____ Certified Through: _____

Start Date: _____ Trainers Signature: _____

6th Week Date: _____ Trainers Signature: _____

12th Week Date: _____ Trainers Signature: _____

Application Form

Team Name

Team Captain,

Make copies of the following for each of your teammates to fill out and return to you:

1. Application Form
2. Progress Chart
3. Photo Profile

Make sure your team members understand "What Is a Team All About" (page 3). Choose a starting date from the list in this packet on page 9. All starting dates are on Mondays. The Monday following postmarked date will be your starting date. Make sure ALL forms are complete (they will be returned if not completed). You will receive a confirmation by e-mail from Toni Mounts as soon as your packet is received. Please send completed packet to:

IMPax HealthPrime, Inc.
5151 Golden Foothill Parkway, Suite 150
El Dorado Hills, CA 95762
Attention: Toni Mounts – National Fitness Director

If you have any questions I can be reached at: E-Mail: tmounts@impaxhealthprime.com
(916) 939-9800 ext. 217

Thank you and Good Luck!

Remember: "When you help someone up the mountain, you'll find yourself closer to the summit."

PLEASE Print clearly or type

Contest starting date: _____ Ending date: _____

Captain - Vice Captain or Individual Member (Circle)

Name: _____ Age: _____ Male Female

E-mail: _____ Fax: _____

Street Address: _____ City: _____

State: _____ Zip: _____ Day Phone: _____ Eve: _____

Answer the following questions as honestly and realistically as possible.

1. In 25 words or less, explain why you want to compete in the next BodyPRIME contest.

2. Are you currently or have you in the past been involved with any of the commercial diet programs? If so, which ones?

3. If so, did you consider yourself successful? If not, Why?

4. In order of importance, list 4 conditions you feel are most important to a successful weight loss program.
 - 1.
 - 2.
 - 3.
 - 4.

5. What would be your commitment to the above conditions and any other conditions the BodyPRIME program might request?

6. What kind of discipline have you shown in the past to programs of any kind, and do you give up easily or do what it takes to get the job done?

7. How does your household feel about you entering this contest? Are they supportive?

8. What do you consider to be your: Ideal weight _____ Ideal body fat: _____

9. Do you have any current or past health problems we should know about?

10. Are you taking any medications? Please list.

11. What is your current activity level?

12. Sedentary

13. Light (1-2 days a week, light walking)

14. Moderate (2-3 times a week)

15. Active (3-4 times a week)

16. Very active 5 or more times a week

17. Do you consider yourself a “Team Player?” (Would you rather be in a group or by yourself?)

Is there any additional information you would like us to know?

BEFORE - Photo Profile

Attach, Front, Side and Back Photos

These pictures should be taken against solid background or wall 10-15 feet away. See Photo Requirements on page two if you have any questions. **Starting date:** _____

Team Name: _____ Your Name: _____

Contest Dates

Starting Date	6 week	Ending Date (12 wks)	Ending Postmark Date
Oct. 08, 2001	Nov. 19, 2001	Dec. 31, 2001	Jan. 7, 2002
Oct. 15, 2001	Nov. 26, 2001	Jan. 07, 2002	Jan. 14, 2002
Oct. 22, 2001	Dec. 03, 2001	Jan. 14, 2002	Jan. 21, 2002
Oct. 29, 2001	Dec. 10, 2001	Jan. 21, 2002	Jan. 28, 2002
Nov. 05, 2001	Dec. 17, 2001	Jan. 28, 2002	Feb. 4, 2002
Nov. 12, 2001	Dec. 24, 2001	Feb. 04, 2002	Feb. 11, 2002
Nov. 19, 2001	Dec. 31, 2001	Feb. 11, 2002	Feb. 18, 2002
Nov. 26, 2001	Jan. 07, 2002	Feb. 18, 2002	Feb. 25, 2002
Dec. 03, 2001	Jan. 14, 2002	Feb. 25, 2002	March 04, 2002

How do I Pick a Starting Date?

Choose a starting date from the above list. All starting dates are on Mondays. The Monday following postmarked date will be your starting date. Make sure ALL forms are complete (they will be returned if not completed). You will receive a confirmation by e-mail from Toni Mounts as soon as your packet is received.

EXAMPLE: If your postmark is November 23, 2001 your starting date would be the following Monday which would be November 26, 2001. Your ending date would be February 18, 2002. You will have one week from your ending date to get body fats, measurements and success story to IMPaX. We should receive it no later than February 25, 2001.

