

# Brock 8 Week Challenge™

coming Sept. 26th, 2016



## Brock Base Package

**\$126.65 + HST**

**\$101.65 + HST- Employee Portion**

**\$25 + HST - Brock University Portion**

- 8 Week Challenge™ APP (NEW)
- 8 Week Challenge™ Guidelines Documentary
- Grocery 101 Documentary
- 8 Week Challenge™ Manual (including Challenge Friendly™ recipes, and exercise program)
- Meal Plans, Including Meat, Vegan, Vegetarian, Gluten Free and Value
- Grocery Shopping Lists (desktop version and mobile)
- Restaurant and Take Out Cheat Sheets (desktop version and mobile)
- Challenge Friendly™ Recipe Database (desktop and mobile)
- 24/7 on-line support from Challenge Leader

## Brock Elite Package

**\$169.15 + HST**

**\$144.15 + HST- Employee Portion**

**\$25 + HST - Brock University Portion**

- Everything from Base Package PLUS
- Simply Balanced Challenge Friendly™ Cook Book
- 4 Disc Exercise DVD Box Set

## Brock Return Challenger Package

**\$99.00 +HST**

**\$74+ HST- Employee Portion**

**\$25+ HST - Brock University Portion**

- Everything from Base Package

## PLEASE NOTE:

**Brock's Health, Safety & Wellness will be contributing \$25 to the first 25 registrants.**

## DESKTOP REGISTRATION STEPS:

**Step 1:** Go to [www.8weekchallenge.com](http://www.8weekchallenge.com)

**Step 2:** Select **CORPORATE CHALLENGE**, and click **TAKE THE CHALLENGE**

**Step 3:** Select **CREATE NEW ACCOUNT** or **SIGN IN WITH FACEBOOK** or **GOOGLE+** (everyone needs to start a new account as we are using a new software system)

**Step 4:** Please enter the passphrase **brock** when prompted (passphrase is all lower case)

**Step 5:** Either **START A TEAM**, or **JOIN INDIVIDUALLY** (when you **START A TEAM** you will create a unique **PASSPHRASE** that you can use to invite other co-workers to your team to help support each other)

**Step 6:** Choose your package, **BASE PACKAGE**, **ELITE PACKAGE** or **RETURN CHALLENGER**

**Step 7:** Complete registration (Packages will be delivered to your **HOME ADDRESS**)

Dates:	Brock 8 Week Challenge
Sept. 26-Oct. 2, 2016	View Challenge Guidelines Documentary and Grocery 101 Documentary included in Challenge package. *Grocery Shopping Lists, Restaurant and Take Out Guides, and Challenge Friendly™ Recipes available on 8 Week Challenge™ APP.
Sept. 27-29, 2016	Live Grocery Tours will be available. Location and Time TBA
Oct. 2, 2016	Weigh in and Fit Test (from home or live)
Oct. 3, 2016	Start date for your 56 days!
Oct. 30, 2016	Weigh in Half Way Point (from home or live)
Nov. 27, 2016	Final Weigh in and Fit Test (from home or live)



\*For more information or help entering your team or yourself please contact  
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