

Sept. 25th Live/Virtual Challenge™



Base Package

\$149.00 + HST

\$124.00 + HST- Employee Portion

\$25.00 + HST - Brock University Portion

- **8 Week Challenge™ APP (NEW)**
- 8 Week Challenge™ Guidelines LIVE SEMINAR or Video on APP
- Grocery 101 On-Site Tour or Video on App
- 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 and mobile)
- Restaurant and Take Out Cheat Sheets (desktop and mobile)
- Challenge Friendly™ Recipe Database (desktop and mobile)
- 24/7 on-line support from Challenge Leader

Elite Package

\$199.00 + HST

\$174.00 HST- Employee Portion

\$25.00 + HST - Brock University Portion

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

Return Challenger E-Package

\$75.00 + HST (NEW PACKAGE)

\$50.00 + HST- Employee Portion

\$25.00 + HST - Brock University Portion

- NO PRINTED MATERIAL, E-PACKAGE ONLY

PLEASE NOTE:

Brock's Health, Safety & Wellness will be contributing \$25 to the first 15 registrants.

DESKTOP REGISTRATION STEPS:

Step 1: Go to www.8weekchallenge.com

Step 2: Select **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, if you haven't already done so)

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 E-PACKAGE**

Step 7: You will pick up your package at the **"KICK OFF"** Seminar (see details below) ***or if you need your package shipped please indicate that on your registration.**



Dates:	September 25th, 2017 LIVE/VIRTUAL Challenge!
Sept. 25, 2017	Challenge "KICK OFF" Seminar -6:30pm-8pm Holiday Inn & Suites Parkway Conference Centre, 327 Ontario Street, St. Catharines, ON (DVD will be sent to out of town Challengers.) Registration begins at 5:45pm
Sept. 26-28, 2017	Grocery Store Tours -1 hour in length all different stores and locations. Morning and evening times available, time and locations TBA. DVD will be sent to out of town Challengers. (Sign up will take place at the Seminar)
Oct. 1, 2017	Weigh In -9:00am-12:00pm, drop in basis (measuring tape and you tube link will be sent to our out of town challengers) NOTL Community Centre, 14 Anderson Lane, NOTL
Oct. 2, 2017	Start date for your 56 days!
Oct. 29, 2017	Weigh In Half Way Point (optional) 9am-11am NOTL Community Centre, 14 Anderson Lane, NOTL
Nov. 26, 2017	Final Weigh In -9am-12:00pm, drop in basis (out of town challengers, will measure themselves with the you tube link as guidance) NOTL Community Centre, 14 Anderson Lane, NOTL



*For more information or help entering your team or yourself please contact Bonnie Giampa at
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