

NEW YEAR, NEW YOU TEAM CHALLENGE!

Dates: (2 months) January 16th - March 13th

*****First weigh-in's start the week of January 9th****

*****Official last day to enroll a team is February 1st, which means the last official day of the challenge is March 29th. However, teams will do their final weigh-in whenever they reach the 8 week mark****

Registration fee: \$25 per participant

****New clients who sign up before January 9th get their registration fee waived!!****

Teams: 4 people per team.

Goal: Overall total weightloss (in pounds)

How it works: Whichever team has the most points at the end...wins!

- Every pound= 1 point
- Weekly weigh-ins are performed and each individual's weight loss will be added to the team total to determine the current number of points.
- Each week, Sydney will update the leader board so teams can see where they stand compared to others. No weight listed, just the amount of points.
- A Facebook group will be created for everyone participating in the challenge, this is where we will post necessary updates. A weekly email will also be sent out for those who may not use Facebook.
- Every week there will be "pop up challenge" AKA an opportunity for teams to earn extra points (this may be in the form of bring a friend week, taking a specific class, challenging a spot on the leader board, etc.)
- Every pop up challenge will be worth anywhere from 5-20 points. (ex: beating a leaderboard spot = 20 points. Taking a specific class= 5 points). The amount of points allotted will be announced in the weekly update.
- Throughout the challenge we will have different events (guest speakers, exercise clinics, etc.) 10 points will be allotted for attending these events.
- Points are earned individually and then added to the team total. So, if all four of your team members show up for a guest speaker, that would be a total of 40 points added to their running total.

