

2012 Bod Pod Fat Loss Challenge

Name: _____ [] Club Member

Email: _____ [] Training Client / Non

I hereby commit to participate in this Challenge on the understanding that:

- It is a non-competitive personal challenge
- My Body Fat results will be kept confidential
- The Challenge start date is Monday, January 16, 2012 and that I agree to complete my first Bod Pod test within two weeks (one week prior / after) of this date.
- Following the first test, the Bod Pod Coordinator and I will agree on a realistic 10 week Body Fat Loss Goal for myself.
- The Challenge end date is Sunday, March 25, 2012 and that I agree to complete my second Bod Pod test within two weeks (one week prior / after) of this date
- My first Bod Pod test is at a special rate of \$40.00 + GST
- My second Bod Pod test fee will depend on my result as shown below:
 - Meet agreed 10 week goal percentage or better, test = FREE!
 - Within 0.5% of agreed 10 week goal, test = \$20.00
 - Within 1.0% of agreed 10 week goal, test = \$30.00
 - Within 1.5% of agreed 10 week goal, test = \$40.00
 - Within 2.0% of agreed 10 week goal, test = \$50.00
 - Within 2.5% of agreed 10 week goal, test = \$60.00
 - Within 3.0% of agreed 10 week goal, test = \$70.00
 - At 3.5% or more of agreed 10 week goal, test = \$80.00 (regular fee)
- There will be weekly physical challenges to complete and check off on my Passport (note: it is OK to catch up if you miss a week)
- There will be weekly Nutritional information / recipes issued by SVAC
- There will be weekly Wellness / Lifestyle tips issued by SVAC

Signed: _____ Date: _____ SVAC Rep: _____