



Achieve your Independence from Weight Gain

**CHALLENGE YOURSELF &
Help Find a Cure for Breast Cancer**

**Running thru May 12-July 3
8 Weeks**

This is percentage of weight, inches and cumulative points, if you missed a few days you can catch up on your points.

Points will be awarded for:

- Completing a Circuit a full 30 minute circuit
- Completing a Boot Camp Circuit
- Participate in a Life Vision DVD Non-Cardio workout class
- Participate in a Life Vision DVD Cardio workout class
- Bring in guests to participate in Life Vision DVD workout class
- Bonus points for working out five times a week
- Daily doubles for bringing in a new guest to participate in DVD workout class
- Lose points for not working out three times a week & pay fine
- Lose points & Pay fines for not doing a Cardio DVD once a week
- Lose Points & Pay fines for not doing a Non-Cardio DVD once a week
- Lose Points & Pay fines for not journaling food diary

Point values & Fine Fees on second page

FITNESS CHALLENGE

May 12-July 3 2008

**Person who losses the biggest percentage of weight, most inches and
The total cumulative points**

**Entrance Fee \$15.00 – Half of the money is going to the first prize winner
Half is going to the **Avon Walk for Breast Cancer Research****

Wins

1st Prize- Half the \$\$\$ Money

2nd Prize- Mini Spa Package

3rd Prize – 3 Months Free Butterfly Life Clayton Membership

POINTS EARNED AS FOLLOWS:

1. 5 point: Complete Circuit
2. 10 points: Complete Boot Camp Circuit (Wed 5:30 pm, Mon, Wed & Fri 8:40 am)
3. 7 points: Life Vision DVD non-Cardio workout class - Daily
4. 10 points: Life Vision DVD Cardio workout class – Daily
5. 15 points: You worked out at four times a week
6. 10 points: You complete circuit and DVD workout class in one day
7. 25 points: You worked out five times a week or more
8. 25 points: You followed a diet program-Butterfly Life diet/journal, WW, Jenny Craig, etc. (must show BF Staff food journal) It is in the journaling.....It's easy
9. **Daily Double:** Double your daily points: Bring a guest to do a DVD workout class – Guest Pass

PENALTY FEES:

1. Penalty: 10 points deducted if you do not work out at least three times a week
2. **\$2.00** every week you do not work out at least 3 times in that week,
3. **\$2.00** for every week you do not do a non-cardio DVD
4. **\$5.00** for every week you do not do a cardio DVD,
5. **\$2.00** for every week you do not keep a food journal.

(If you are out of town or ill for a week or longer you do not need to pay penalties. Remember this is on the honor system. It is not only for you but for a very good charity.)

Bonus Points: If a new member signs up from your referral, you will receive 50 bonus points.

REMEMBER this is percentage of weight, inches and cumulative points, if you missed a few days you can catch up on your points.

Challengers wanting to purchase Butterfly Life's Weight Loss Express Diet program which including diet book, food journal, DVD nutritional series & weekly personal support \$79.00

**LET'S HAVE FUN, LOSS WEIGHT, GAIN SELF-ESTEEM
&
SUPPORT A GREAT BENEFIT**

