

## **30-DAY** ENTRY FORM

Email to challenge@neolifeclub.com

## My NeoLife Info:

ID:	Name:		City/State:	
Which Health Pac	k Are You On?			
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Vitality Pack	itality Pack Breakfast Pack		Weight Loss Pack	Sport Pack
Which Category A	Are You Entering?			
		<b>ht Loss</b> : Weight:	- <b>3</b> -	Fitness
<b>My Accounta</b> My 30 day goal is.				
My 'why' for joinin	g the challenge is			
To achieve my goa	al I will			
My Measurer	nents: (optional)			
Bicep:	Chest:	Hips:	Cholesterol:	
Waist:	Thigh:	B.M.I.:	Blood Pressu	ıre:
Shirt Size:	Pant Size:			

For more details, go to NeoLife.com/challenge or email Challenge@NeoLifeClub.com. Winners must be willing to share photo and written results to win. NeoLifeClub Members and Promoters are eligible. Must be at least 18 years of age to enter. Incentives are subject to change at the discretion of company. © 2018. NeoLife International. All rights reserved. Printed in USA. 08/18





# **SUBMIT** YOUR BEFORE PHOTOS

Email to challenge@neolifeclub.com with Entry Form

### Taking Your Challenge Photos:

Here are some friendly pointers on how to take photos to show off the awesome results you are about to have.

- > Stand in front of a simple background so that you're the focus.
- > Pick a location where you can take all of your progress photos so the only thing changing is you.
- > A plain wall or door works the best.
- > Use a good camera, in an area with good lighting and have a buddy or tripod to assist you.

#### What to Wear:

Wear tight fitting clothing in your photos and show as much of your body as you're comfortable with. Don't be shy, this is the best way to see your transformation and once you hit your goal, these before and after photos will be a great tool to inspire others to join you in the Challenge.

### Photo Entry Requirements:

You'll be taking **2 photos** of yourself in different poses: You never know where you'll see the most change so it's important to get every angle to see your complete transformation!



Arms Down



**Bicep Curls** 

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