

# 30-DAY ENTRY FORM

Email to [challenge@neolifeclub.com](mailto:challenge@neolifeclub.com)

## My NeoLife Info:

ID: \_\_\_\_\_ - \_\_\_\_\_ Name: \_\_\_\_\_ City/State: \_\_\_\_\_

Which Health Pack Are You On?



Vitality Pack



Breakfast Pack



Weight Loss Pack



Sport Pack

Which Category Are You Entering?



**Weight Loss**

Current Weight: \_\_\_\_\_



**Fitness**

## My Accountability Story:

My 30 day goal is...

My 'why' for joining the challenge is...

To achieve my goal I will...

## My Measurements: (optional)

Bicep: \_\_\_\_\_ Chest: \_\_\_\_\_ Hips: \_\_\_\_\_ Cholesterol: \_\_\_\_\_

Waist: \_\_\_\_\_ Thigh: \_\_\_\_\_ B.M.I.: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_

Shirt Size: \_\_\_\_\_ Pant Size: \_\_\_\_\_

# SUBMIT YOUR BEFORE PHOTOS

Email to [challenge@neolifeclub.com](mailto:challenge@neolifeclub.com) with **Entry Form**

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## 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.

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## 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