

# FIT Rules & Guidelines

## What is FIT?

*It's NOT a diet! It's a lifestyle...*

## What you need to compete:

- Access to a Paypal account
- A working digital scale for weekly weigh-ins
- Your own Facebook account if you wish to join the accountability group online (*no husband/wife joint accounts*)
- Computer or smartphone access to turn in weekly results via 8weekfit.com
- Computer or smartphone to upload a scale picture and full-length picture to 8weekfit.com OR someone to upload it for you

## Cost:

**Weight Loss Challenge: \$25**  
(\$20 for prize pot/\$5 admin fee)

**Maintenance Challenge: \$25**  
(\$20 for prize pot/\$5 admin fee)

**2-4-6-8 Challenge: \$24**  
(\$20 for prize pot/\$4 admin fee)

**Holiday Challenge: \$25**  
(\$20 for prize pot/\$5 admin fee)

*Challenge fees cover PayPal fees, website costs,  
and admin payments.*

Choose to compete in **one** competition OR **two or more** at the same time. (You must pay for each challenge in which you compete.)

***Fees are non-refundable.***

## **Initial Weigh-In for ALL Challenges:**

- On the **morning** that the challenge begins, all competitors will weigh in **on a flat, hard surface** and then **follow the directions on the website** to upload the picture of their weight to the website.
- Competitors will also **upload** a “before” picture (**FULL-LENGTH WHILE STANDING ON SCALE** with no bulky clothing) to the website.

**Results are turned in on *Sunday*,  
and every new week begins on *Monday*.**

## **Weight Loss Challenge Info**

### **Ways to Win:**

- There will be **AT LEAST** 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winners in these categories:
  - Total pounds lost 18-39 age group
  - Total pounds lost 40-up age group
  - Highest weight loss percentage 18-39 age group
  - Highest weight loss percentage 40-up age group
- Prize money and how many winners are determined by number of competitors and will be announced the first week of the challenge.
- You may only win prize money in **one** place of **one** category.
- You must submit an “after” picture (in the same clothes/or very similar clothes that you wore in your “before” picture) before claiming prize money. **Competitors are responsible to ensure they received their confirmation email that PICTURES were received. PLEASE CHECK SPAM/JUNK MAIL INBOXES AS WELL.**
- You must weigh in the first and final week to qualify for prize money. **Competitors are responsible to ensure they received their confirmation email that WEIGH-INS were received. PLEASE CHECK SPAM/JUNK MAIL INBOXES AS WELL.**

- Cash prize winners of any previous **weight loss** challenge must be within **five pounds of the weight with which they previously won (in a single fiscal year)** to compete for big prize money in any further weight loss competitions. *(They may still compete in maintenance challenge or 2-4-6-8 challenge though.)*

## **Maintenance Challenge Info**

- Anyone who **LOSES ANY WEIGHT** whatsoever or **MAINTAINS THEIR WEIGHT** by the final weigh-in will all split the prize money.
- You must submit an “after” picture (in the same clothes/or very similar clothes that you wore in your “before” picture) before claiming prize money. **Competitors are responsible to ensure they received their confirmation email that PICTURES were received. PLEASE CHECK SPAM/JUNK MAIL INBOXES AS WELL.**
- You must weigh in the first and final week to qualify for prize money. **Competitors are responsible to ensure they received their confirmation email that WEIGH-INS were received. PLEASE CHECK SPAM/JUNK MAIL INBOXES AS WELL.**

## **2-4-6-8 Challenge Info**

- Pay \$24 and try to lose 6% of your body weight in 8 weeks. 2-4-6-8...get it??? Competitors who do so split the pot at the end of the challenge.
- You must submit an “after” picture (in the same clothes/or very similar clothes that you wore in your “before” picture) before claiming prize money. **Competitors are responsible to ensure they received their confirmation email that PICTURES were received. PLEASE CHECK SPAM/JUNK MAIL INBOXES AS WELL.**
- You must weigh in the first and final week to qualify for prize money. **Competitors are responsible to ensure they received their confirmation email that WEIGH-INS were received. PLEASE CHECK SPAM/JUNK MAIL INBOXES AS WELL.**

# Helpful Information

## Points Checklist

Many ladies have found great success in weight loss by incorporating these commonsense actions into their daily routine:

1. **64 oz water** - 5 points each day (35 possible weekly points)
2. **Stop eating by 9 PM** - 5 points each day (35 possible weekly points)
3. **At least 1/2 cup of fresh or frozen fruit (not from a can)** - 5 points each day (35 possible weekly points)
4. **At least 3 cups of fresh or frozen vegetables a day (not from a can and may include raw/cooked vegetables OR leafy greens)** - 5 points each day (35 possible weekly points)
5. **Food journal** - 5 points each day (35 possible weekly points)
6. **No Sugary Treats** - 5 points each day (*only 6 days a week* for 30 possible weekly points)
7. **30 minutes exercise** - 5 points each day (*only 5 days a week* for 25 possible weekly points)

Points are tracked Monday - Sunday and may be turned in on Sunday along with weight loss. (Some weeks extra bonus points may be added, which will be announced in the Member Area of the website.) Ladies who earn a certain amount of points per week (varies each week) will be entered into a random drawing for the chance to win a FREE challenge at the end of the competition.

## FIT Perks:

- The chance to win prize money while losing weight in an exciting competition
- Access to the FIT Facebook forum, connecting with others to voice your victories, defeats, struggles, and accomplishments
- An online files section loaded with tips on how to lose weight and get healthy

- Daily health/fitness tips via FIT Facebook group that you can immediately put into action
- Yummy, healthy, filling recipes compiled from members who have already made them successfully
- Accountability from a group of over 1,600 like-minded ladies

## Accountability/Participation Review

- If a competitor is suspected of cheating with her numbers or by using weight loss products, the administrators will systematically review her account to deem whether or not there has been dishonesty.
- Cheating will not be tolerated. Those suspected of and proven to be cheating will be removed from the group, forfeit eligibility for prize money, and will not be permitted to participate in future challenges. Refunds will not be issued.

## General Information

- No husband and wife “joint” Facebook accounts are allowed. Our online Facebook group is for LADIES ONLY. (If this is an issue, some ladies choose to set up an account solely for the purpose of being on the FIT forum.)
- Keep FIT Facebook posts **health and fitness related ONLY**. (Please save unrelated topics for your personal Facebook page.)
- Although discussion and bantering on the forum is encouraged, any posts or comments with **cursing** or **rude or personal attacks on another member** will be removed.

- Do not message the administrators concerning “inappropriate” comments from a fellow FIT member. If you are offended by something, just keep on scrolling!
- Do not ask the administrators to make exceptions to any rule for you. To do this would be unfair to other competitors.
- If any member attempts to contact another member selling weight loss products OR products made by a company that sells weight loss products, that member will be immediately removed from the forum.
- Members should not add other members to any other Facebook groups attempting to promote weight loss companies and/or products. The Facebook FIT forum is a SECRET group, so please respect the privacy of ladies attempting to get healthy without weight loss products.
- Members should not post selling or promoting ANY type of product. These posts will be immediately removed.

***Please see the FIT New Member Booklet for other helpful answers to questions that you may have.***