

**A
Charity
Event**

Benefiting
The Children's
Advocacy Center
www.cachelps.org



GOALITY'S Biggest

WAIST

Loss Challenge *BATTLE OF THE SPARE TIRE*

**Open To
All Shapes
And Sizes.**

Sponsored By:



GOALITY®
Fitness Club
Juice Plus+



How it works

1. **Jump In With Two Feet** - Make a decision to slash the spare tire around your waist. Start to live healthier and more fit.
2. **Take Action** - Make exercise and eating more healthy a part of your life.
3. **Celebrate** - After 6 weeks, enjoy all of your hard work and effort.

Rules

1. **You Must Measure Correctly** - You must measure from the BELLY Button and around the torso.
2. **You Must Weigh Correctly** - Please weigh without shoes. Wear shorts and a shirt to weigh if possible.
3. **Data Submission** - Record your data on the official data form. If you don't visit Goality, email it to info@goality.com at the end of the 6 weeks. We will contact you as a reminder.
4. **Tie Breaker** - If there is a tie, then weight loss will be used to determine 1st, 2nd, and 3rd place winners.

Do Your Best! Don't Give Up! Finish All 6 Weeks!

Hurry... Last Day To Enter is Fri. Oct. 14th, 2011.

Fill Out An Entry Form Today!

Any ?'s Call 630-253-4813.

236A E. Irving Park Rd. Wood Dale, IL | 630-253-4813 | www.goality.com

Entry Fee

1. **Bronze** - \$10 entry fee. No Donation. No T-shirt.
2. **Silver** - \$15 entry fee with \$5 being donated to The Childrens Advocacy Center.
3. **Gold** - \$20 entry fee with t-shirt and \$5 being donated to The Childrens Advocacy Center.

Dates

1. **Start** - Week 1 is Oct. 17th, 2011.
2. **End** - Week 6 is Nov. 21st, 2011.
3. **Data Submission** - All data should be submitted by Tuesday Nov. 29th 2011.

Prizes

1. **First Place** - \$100 Goality Gift Card and 1 Massage Certificate
2. **Second Place** - \$50 Goality Gift Card.
3. **Third Place** - \$30 Goality Gift Card

It's Way Better To Finish First!!!



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Please complete below or visit www.goality.com/bwlc to enter. Mail this form with check made payable to Goality Fitness Club to 236A E. Irving Park Rd. Wood Dale, IL 60191. You can pay with credit card if you go online. Thank you.

Part I (Your Information)

Full Name: _____

Address: _____

City _____ State _____ Zip _____

Phone #: _____

Email: _____

Gender: Male Female Age: _____

T-shirt size: ___S___M___L___XL___

Part II (FEES) select 1

Gold - W/donation & T-Shirt (\$20): _____

Silver - with donation (\$15): _____

Bronze - No T-Shirt & Donation (\$10): _____

T-Shirt shipment (\$5): _____

Your Entry FEE Total: _____

Make checks payable to Goality Fitness Club



→ Offered only to
Gold or Silver entries.

Slim and Trim In **6** Weeks!

**Last Day To Enter: Fri. Oct. 14th, 2011
Commit and Submit Today!**

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Please use this data form to collect your week 1 and week 6 measurements.
At the end of 6 weeks, do 1 of the following:

1. Email your results to info@goality.com
2. Visit Goality to submit this data from

An email reminder will be sent out to you as well. If you have any questions,
call 630-253-4813. Good Luck!

Week 1 Measurements

Full Name: _____

Date: _____

Waist Size (inches) : _____

Body Weight (lbs): _____

Week 6 Measurements

Full Name: _____

Date: _____

Waist Size (inches) : _____

Body Weight (lbs): _____

Waist Loss Challenge Results

Waist Size Change (inches) : _____

Body Weight Change (lbs): _____

**REMEMBER
WINNERS NEVER GIVE UP!!!**

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