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.

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!!!*
**Entry Form**

**GOALITY’S**

**Biggest**

**WAIST**

**Loss Challenge**

**BATTLE OF THE SPARE TIRE**

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.

<table>
<thead>
<tr>
<th>Part I (Your Information)</th>
<th>Part II (FEES) select 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Name: __________________________</td>
<td>Gold - W/donation &amp; T-Shirt ($20): ________</td>
</tr>
<tr>
<td>Address:_________________</td>
<td>Silver - with donation ($15): ________</td>
</tr>
<tr>
<td>City_________________State_____Zip_________</td>
<td>Bronze - No T-Shirt &amp; Donation ($10): ________</td>
</tr>
<tr>
<td>Phone #:______________________</td>
<td>T-Shirt shipment ($5): ________</td>
</tr>
<tr>
<td>Email:_________________________</td>
<td>Your Entry FEE Total: ________</td>
</tr>
<tr>
<td>Gender: Male Female Age:____</td>
<td>Make checks payable to Goality Fitness Club</td>
</tr>
<tr>
<td>T-shirt size:_<strong>S___M____L____XL</strong></td>
<td>Offered only to Gold or Sliver entries.</td>
</tr>
</tbody>
</table>

**Slim and Trim In 6 Weeks!**

Last Day To Enter: Fri. Oct. 14th, 2011

Commit and Submit Today!

Mail to: 236A E. Irving Park Rd. Wood Dale, IL 60191
Data Form

GOALITY’S Biggest
WAIST Loss Challenge
BATTLE OF THE SPARE TIRE

A Charity Event
Benefitting The Children’s Advocacy Center
www.cachelps.org

Open To All Shapes And Sizes.

Sponsored By:
GOALITY®
Fitness Club
Juice Plus+

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!

<table>
<thead>
<tr>
<th>Week 1 Measurements</th>
<th>Week 6 Measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Name: __________________________</td>
<td>Full Name: __________________________</td>
</tr>
<tr>
<td>Date:_______________________________</td>
<td>Date:_______________________________</td>
</tr>
<tr>
<td>Waist Size (inches) :____________</td>
<td>Waist Size (inches) :____________</td>
</tr>
<tr>
<td>Body Weight (lbs): ______________</td>
<td>Body Weight (lbs): ______________</td>
</tr>
</tbody>
</table>

Waist Loss Challenge Results
Waist Size Change (inches) :___________
Body Weight Change (lbs): ____________

REMEMBER
WINNERS NEVER GIVE UP!!!