

Win a **Free Month** Membership



21-Day Weight Loss Challenge
Hosted by Journey Fitness



Pick a team of 3-4 coworkers. The winning team will win a
Free Month Membership

You will receive:

- 21 Days of Unlimited Group Personal Coaching
- 21 Days of Meal Planning/Nutritional Counseling
- Motivation
- Accountability

Competition Runs: February 26th – March 20th

Registration Cost: **\$25**

Winner Celebration: Thursday March 22nd @ 7pm with workout from 6-7pm

Teams will earn points for:

- Registered and have a scheduled intake by February 24th, 2018 will give your team a percentage point advantage
- Creating a team name will give you a percentage point advantage
- Creating a team t-shirt will give you a percentage point advantage
- If every person on your team weighs in weekly you will receive a percentage point advantage
- Team with greatest percentage of body weight lost will be the winner

How to join:

- Turn in this sheet with team name and members of team on it
- Cash or check written out to Journey Fitness for payment
- Drop Sheet off to Journey Fitness Ithaca
- Questions regarding challenge reach out to: Logan at
Logan.P@journeyfitnesscoaching.com or (607) 738-0812



Name	Phone Number	Email