

2010 Lifestyle Achievement Challenge

Official Entry Form

Finals to be held with the
2010 Mr. /Ms. Natural Minnesota Bodybuilding, Figure & X-treme Fit Invitational
Bloomington Jefferson Auditorium
4001 West 102nd Street Bloomington, MN

Promoter: Aaron Callister (952) 412-6945 acflexit@aol.com

Eligibility: Phase 1

Before Picture: To be eligible, you must submit a before picture taken up to 12 months but not further than 12 months from May 22nd, 2010. Entry must be holding an issue of a daily paper with front page in clear view to show proof of date.

Stat Sheet: You must also include a stat sheet consisting of your starting weight & body fat %. This stat sheet must be signed and verified by a certified personal trainer. Each trainer will be contacted to verify information. **(Body fat % must be taken by skin calipers or underwater submersion)**

Essay: Each entry will include a 50-100 word essay with a brief description of their goals and motivation for entering the challenge. This may also include any physical or medical obstacles you hope to overcome.

Entry Fee: Entry fee is \$35.00. Make check or money order payable to AC Fitness.

***Phase 1 picture, stat sheet, essay and entry form should be mailed in immediately after picture is taken.**

Deadline for Phase 1 is March 5th, 2010. (Additional information will be sent via e-mail when entry is received).

Eligibility: Phase 2: Each entry must submit a 2nd stat sheet showing progress when compared to 1st stat sheet. Same eligibility rules apply to stat sheet as above.

***Phase 2 stat sheet must be postmarked no later than April 9th, 2010. The Top 10 women and the top 10 men who show the greatest improvement when comparing stat sheets from phase 1 and phase 2 will qualify for finals.**

Finalists: All entries will be notified via-email of those who have made the top 10 in the men's and the women's division. All entries will have their names listed in the program at finals.

Phase 3: All finalists will be required to send final stat sheet postmarked no later than May 14th 2010.

Finals: Saturday, May 15th at 5:00 pm.

Stage Time: All final contestants will be presented on stage. You may dress in athletic gear or anything you feel comfortable in showing your personal accomplishments. The before picture of each finalist entry will be shown on stage. This is an exciting time for spectators and fans to view the personal accomplishments each entry has made. A brief commentary will be read by the Emcee and awards will be handed out.

Awards: A 3 night, 4 day Dream Vacation for 2 will be awarded to the entry with the largest personal achievement in the both Men's and the Women's category. Awards, Certificates & gift bags will be awarded to the top 10 in each category.

Trainer Award: The trainer with the client who has the largest personal accomplishment will also receive an award and prizes including gift cards and gift bags. There will be a trainer award for both men's and women's divisions.

***Entry does not need to have a trainer to enter challenge but will need a certified trainer to do stat sheet.**

-----CUT HERE AND MAIL ENTRY FORM BELOW-----

OFFICIAL ENTRY FORM

(Must be mailed & Postmarked by March 5th, 2010)

Name _____ Home Phone _____

Address _____ Cell Phone _____

City _____ State _____ Zip Code _____ Age _____

E-mail Address: _____

Gym or Health Club _____ Trainer _____

Trainer Phone # _____ Trainer E-mail: _____

Start Date: _____ **Start Weight:** _____ **Start Body Fat Percent:** _____

Mail Check or Money Order to: **AC Fitness, 913 Carriage Lane, Chaska, MN 55318**