

UpLift LiftOff Challenge OFFICIAL ENTRY FORM

Presented by UpLift Guided Fitness

Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

email: (print clearly!) _____

Date of Birth: _____

I have read the Challenge Rules and agree to abide by them.

I am including a recent photo of myself along with this application.

Tell us your story!

Tell us why you want to be a featured participant in the UpLift LiftOff Challenge.
Tell us what kind of changes you want to make to your body, mind, and outlook on life.

Tell us why you are ready to make exercise and good nutrition a priority!

(You can write on the back, and attach additional pages if you want to.)



Guided Fitness for Women

257 Rivertown Drive, Woodbury, MN 55125

www.upliftfitness.com info@upliftfitness.com

Print this form, fill it out, then either
hand-deliver or mail it to:

**UpLift Guided Fitness, 257 Rivertown Drive,
Woodbury, MN 55125.**

Application must be received by Jan. 31, 2014.

UpLift LiftOff Challenge Rules

Goal of the UpLift LiftOff Challenge, sponsored by UpLift Guided Fitness (“Challenge”) is to find two (2) local area women who are committed to making exercise and good nutrition a priority in their lives. The two featured participants will be given, free of charge, membership and exercise/nutritional guidance by trainers and nutritionists at UpLift, in an effort to help them make significant and sustainable positive changes.

Each featured participant’s journey will be followed by readers of the UpLift blog, at www.upliftfitness.com, providing real-life inspiration to others.

WHO IS ELIGIBLE:

The Challenge is open to women who live close enough to regularly come to UpLift Guided Fitness and are at least 21 years of age on Feb. 15, 2014.

HOW TO ENTER:

Interested women can enter by getting the official entry form at www.upliftfitness.com. Tell us why you want to be in the LiftOff Challenge, why you are ready to make exercise and good nutrition a priority in your life. Tell us what you hope to gain from the experience. Give us a reason to pick you!

No purchase is necessary to enter.

All entries must include a recent photo of the applicant.

Applications must be received by Jan. 31, 2014.

SELECTION PROCESS:

Two featured participants will be selected, from among all completed and valid entries received, by the trainers at UpLift Guided Fitness.

Featured participants will be selected, notified, and verified on or before Feb. 7, 2014.

DATES OF CHALLENGE:

Featured participants begin their fitness and nutrition journeys on Feb. 15, 2014. They are required to exercise at least three times per week (more is better) during the Challenge period, which is Feb. 15, 2014 through Aug. 15, 2014.

REWARDS:

Featured participants will receive the best prize there is: a healthier body, both inside and out, and the knowledge and experience to make exercise and good nutrition a habit that can last a lifetime.

REQUIREMENTS:

1. Before being verified and announced as official featured participants in the LiftOff Challenge, chosen applicants will be required to sign an UpLift Guided Fitness membership agreement, in order to receive a free 6-month UpLift membership that is good during all dates of the Challenge, and a performance and liability release waiver specific to the LiftOff Challenge.

2. Featured participants agree to grant UpLift Guided Fitness the right to publicize their names, character likeness, photographs, and voice without further authorization or financial compensation.

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3. Any chosen applicants found to be in violation of these rules will be required to forfeit their role as a featured participant in the LiftOff Challenge, and forfeit their free 6-month UpLift membership awarded to featured participants.

NOTICES:

UpLift Guided Fitness, its respective affiliates, representatives, agents and employees:

Reserve the right to make rule changes, including date changes, without notice.

Are not responsible for any liabilities arising directly or indirectly from featured participants participating in this Challenge.

Are not responsible for any difficulties encountered during attempts to notify applicants tentatively chosen for the Challenge, and before they have been verified as official featured participants as prescribed in these rules.

Are not responsible for lost, illegible, incomplete, stolen, misdirected, illegitimate, or impermissible submissions; or any other error, whether human, mechanical or electronic.

Decisions by UpLift Guided Fitness in the interpretation of these rules is final.

By participating, entrants agree to be bound by these rules.