

TSpot TakeDown Challenge Spring '09

6 Week Weight-loss Challenge

Starts Mon. Feb 23rd & Ends on Sat. Apr. 4th

\$250.00

Includes:

(training sessions are not included, you do not have to be a client at the Tspot to participate)

Individual Weekly Menu / Lots of new recipes & ideas!

Weekly Weigh-ins

Cardio Exercise Recommendations

Weekly Journal Check-ups

Password Access to all of C's Recipes on Your Menus

The TakeDown Winner will be judged on the
Over-All Percentage of Pounds Each Challenger loses.

Weekly % losses will be recognized

IE: 150 lb person loses 15 lbs. = 10%

250 lb. person loses 25 lbs. = 10 %

Winners:

1st place = \$600.00 in Personal Training

2nd place = \$250.00 in cash or Personal Training

3rd place = \$125.00 in cash or Personal Training

Weekly % Weight-loss winner gets a free training session!

*The weekly % lost will be posted so that the participants
can watch their competitors progress.

*Your actual weight will NEVER be posted!

*YOU DO NOT HAVE TO TRAIN AT THE TSPOT
TO PARTICIPATE!

ANYONE CAN JOIN THE CHALLENGE!

