



Fit - Friend

\$1,000 CHALLENGE

What is it?

Teams of two earn points to get fit & win prizes!

How does it work?

For 8 weeks, you and a buddy earn points by taking LizFit classes, losing inches, recording food journals, enjoying special challenges and more!

How do I participate?

Step 1: FIND A FRIEND

Step 2: SIGN-UP

Step 3: ATTEND KICK-OFF PARTY

Step 4: WIN 8-week Challenge \$1,000

Step 5: WIN 12-week maintenance Challenge \$500



Fit - Friend Details

Key Dates:

- *Kick-off Parties- April 24th, 25th & 26th at 6pm (attendance mandatory)*
- **Start Date- Monday, April 29th**
- *Mid-Challenge weigh in and measurements with coaches! Date: 5/28-5/30*
**Please schedule time with your coach/team between those dates*
- **End Date- Monday, June 24th**
- *End of Challenge weigh in, measurements and fitness testing! Date: 6/24-6/26*
**Please schedule time with your coach/team between those dates*
- **Party to Announce \$1,000 winner: Friday, June 28th at 6pm**
- *12-week Maintenance retest! Date: 7/22-7/24*
**Please schedule time with your coach/team between those dates*
- **Announce 12-week \$500 maintenance winner on Friday, 7/26**

What do you get with this 6-week challenge?

- 8-week unlimited class pass
- Private FB group to receive support, additional workouts, and good-natured rivalry
- Appointed coach to review your food journal and help guide you through obstacles and successes.
- 5 additional classes not on the current schedule and available only to you!
- Healthy Lifestyle weight management manual.

What are the prizes?

- **\$1,000 for the 8-week challenge!!!**
- **\$500 for the 12-week maintenance challenge!!!**

How are points earned & recorded?

Weekly point tallies will be posted on the wall inside the LizFit Spin Studio

Bring in a non LizFit participant = 20 points

Submit Weekly food journal= 10 points

Each Class= 5 points

Perfect week of 4 LizFit classes (no cancellations) = 5 points **You have the option to add a 5th workout*

Waist measurement = 2 points per inch

Weight loss = 1 point for % X of weight loss

Mid-way measurement = 10

Please note: 3 out of the 4 (or 5) workouts must be at Liz Fit and include a stretch/yoga class

No more than 2 workouts in a day.

If you workout more than 5x in a week, no extra points given.

How points are lost/taken away:

Do not schedule midway check-in: -10 points

Every alcohol drink a week: -1 point



Fit - Friend Details

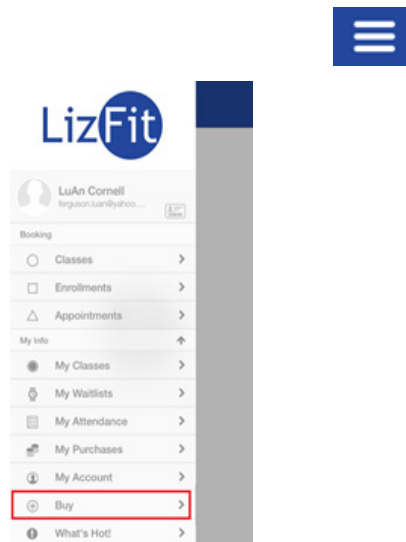
What is the cost?

\$199 per person

But, if you partner with a NEW friend, one that hasn't taken a LizFit class in 3 months, you each pay \$150.

How do I sign up?

1. Download LizFit app from Android or Itunes app store and create a logon
2. Select Menu bar in the top left hand side of app
3. Scroll down and select BUY



4. From Buy select category “\$1000 Challenge”
You will then have the option to purchase a package:
\$199.00 (per-person)
If both you and your partner are Lizfit Team Members please choose this package. If you currently are NOT a LizFit Member please choose this package.
\$150 (per-person)
Choose this rate if your partner is new to LizFit or both of you are new to LizFit.
5. You will then be able to sign up for classes as normal. Notice you will have access to special “Challenge” Classes



Fit - Friend Calendar

Additional classes not on the current schedule and available only to you!

Classes run from: Monday, April 29th - Monday, June 24th

MONDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
7:00 pm MINDFUL MONDAY <i>w/ Gail</i>	6:00 pm STRETCH & RELEASE <i>w/ Tara & Liz</i>	5:30 pm POP-UP <i>w/ rotating instructors</i>	7:30 am TOUGH LIZARD <i>w/ Liz</i>	7:00 am 30 MIN INTERVAL <i>w/ LuAn</i>

MINDFUL MONDAY: Mindful eating tips and Q and A with Gail Fernandes.
Class location: Spin Room

STRETCH & RELEASE: Half stretch, half myofascial release. Two instructors!
Class location: Spin room

POP-UP: Surprise classes and rotating instructors!
Class location: Spin room

TOUGH LIZARD GOES OUTDOORS: Class meets outside at various outdoor locations, every other Saturday. Expect to be challenged!
Class location:
5/11- Great Island Commons, Newcastle, NH
5/25- Mt. Agamenticus, York, ME
6/8- Great Island Commons, Newcastle, NH
6/22- Mt. Agamenticus, York, ME

30 MINUTE INTERVAL CLASS: Full body workout! Class will feature 8 stations. Each station is 3 minutes long and incorporates a mix of cardio and muscle endurance exercises. Fun, challenging and effective!
Please arrive early to received a breakdown of the exercises and warm-up!
Class location: Gymnasium

LizFit SCORECARD

TEAM NAME: _____

YOUR NAME: _____

PREP WEEK
WEEK 1
WEEK 2
WEEK 3
WEEK 4
WEEK 5
WEEK 6
WEEK 7
WEEK 8

Food Log Lost Points (Alcohol)

WEEK TOTAL

						Food Log	Lost Points (Alcohol)
						(10)	-

Work Out	Work Out	Work Out	Work Out	Work Out	Perfect Week	Food Log	Lost Points (Alcohol)
(5)	(5)	(5)	(5)	(5)	(5)	(10)	-

Work Out	Work Out	Work Out	Work Out	Work Out	Perfect Week	Food Log	Lost Points (Alcohol)
(5)	(5)	(5)	(5)	(5)	(5)	(10)	-

Work Out	Work Out	Work Out	Work Out	Work Out	Perfect Week	Food Log	Lost Points (Alcohol)
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Work Out	Work Out	Work Out	Work Out	Work Out	Perfect Week	Food Log	Lost Points (Alcohol)
(5)	(5)	(5)	(5)	(5)	(5)	(10)	-

TOTAL	+	+	+	-	=

Weekly Points Inches Lost Lbs Lost New LizFitter Points Lost (-)



LizFit SCORECARD

TEAM NAME: _____

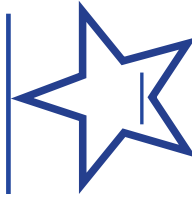
YOUR NAME: _____

PREP WEEK	Work Out	Work Out	Work Out	Work Out	Work Out	PerfectWeek	Food Log	Lost Points (Alcohol)	WEEK TOTAL
WEEK 1	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 2	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 3	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 4	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 5	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 6	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 7	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 8	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____

TOTAL

Weekly Points Inches Lost Lbs Lost New LizFit Points Lost (-)

_____ + _____ + _____ + _____ = _____



LizFit SCORECARD

TEAM NAME: _____

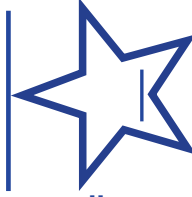
YOUR NAME: _____

PREP WEEK	Work Out	Work Out	Work Out	Work Out	Work Out	PerfectWeek	Food Log	Lost Points (Alcohol)	WEEK TOTAL
WEEK 1	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 2	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 3	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 4	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 5	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 6	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 7	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____
WEEK 8	(5)	(5)	(5)	(5)	(5)	(10)	(10)	-	_____

TOTAL

Weekly Points Inches Lost Lbs Lost New LizFit Points Lost (-)

_____ + _____ + _____ + _____ = _____





CALENDAR

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24 KICK-OFF PARTIES!!! 6pm	25 KICK-OFF PARTIES!!! 6pm	26 KICK-OFF PARTIES!!! 6pm	27
28	29 CHALLENGE START!!! Food Log due 12pm Mindful Monday- 7pm	30				
May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Stretch & Release 6pm	2	3 Pop-Up 5:30pm	4
5 30 Minute Interval- 7am	6 Food Log due-12pm Mindful Monday- 7pm	7	8 Stretch & Release 6pm	9	10 Pop-Up 5:30pm	11 Tough Lizard Goes Outdoors 7:30am (Great Island Commons)
12 30 Minute Interval- 7am	13 Food Log due-12pm Mindful Monday- 7pm	14	15 Stretch & Release 6pm	16	17 Pop-Up 5:30pm	18
20 30 Minute Interval- 7am	20 Food Log due-12pm Mindful Monday- 7pm	21	22 Stretch & Release 6pm	23	24 Pop-Up 5:30pm	25 Tough Lizard Goes Outdoors 7:30am (Mt. Agamenticus)
26 30 Minute Interval- 7am	27 Food Log due-12pm Mindful Monday- 7pm	28 MIDWAYCHECK-IN *	29 MIDWAY CHECK-IN * Stretch & Release 6pm	30 MIDWAY CHECK-IN *	31 Pop-Up 5:30pm	
June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 30 Minute Interval- 7am	3 Food Log due-12pm Mindful Monday- 7pm	4	5 Stretch & Release 6pm	6	7 Pop-Up 5:30pm	8 Tough Lizard Goes Outdoors 7:30am (Great Island Commons)
9 30 Minute Interval- 7am	10 Food Log due-12pm Mindful Monday- 7pm	11	12 Stretch & Release 6pm	13	14 Pop-Up 5:30pm	15
16 30 Minute Interval- 7am	17 Food Log due-12pm Mindful Monday- 7pm	18	19 Stretch & Release 6pm	20	21 Pop-Up 5:30pm	22 Tough Lizard Goes Outdoors 7:30am (Mt. Agamenticus)
23 30 Minute Interval- 7am	24 CHALLENGE END!!! Re-testing*	25 Re-testing*	26 Re-testing*	27	28 \$1,000 WINNER PARTY!!! 6pm	29
July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22 MAINTENANCE END!!! Re-testing*	23 Re-testing*	24 Re-testing*	25	25 \$500 MAINTENANCE WINNER ANNOUNCED	27

* Please schedule a time with your coach!