



# FOUR ZERO CHALLENGE



**40 DAYS** : Friday October 25th to Tuesday December 3rd

Registration Cost = \$40

## Finish 4 or more of the Following Tasks

- **F**itness: Fitness Testing - Attend a session at START & END of challenge and show improvement in at least 4 of the 5 areas tested  
Chest, Back, Leg & Core Strength Test PLUS Beep Test OR Bike Test

Start Sessions: Thu Oct 24th - 6.15pm / Fri Oct 25th - 5.30am & 9am / Mon Oct 28th - 5.30am, 9am & 6.15pm

End Sessions: - Fri Nov 29th - 5.30am, 9am / Mon Dec 2nd - 9am & 6.15pm / Wed Dec 3rd - 5.30am & 6.15pm

- **O**ppportunity: Do 40 exercise sessions of 40 minutes or longer  
(more than 1 per day allowed e.g. 1 hr class followed by 40 min gym workout = 2 sessions)
- **R**ecord Record your food in a food diary for at least 4 weeks
- **T**rim Up Lose 4% of your body weight  
OR agreed amount of Body Weight, Body Fat % or Girth Measurements.
- **Y**early Visit your GP for a Yearly Check-up  
Including cholesterol and fasting blood sugar tests.

### PRIZES: (must have finished at least 4 of the 5 tasks to be eligible)

- Each finisher will receive either a Pace Towel OR 14 days Membership OR 1 x 2 weeks Membership to give to a friend (all valued at \$30)
- 1 x 40 Day Membership for best improver in fitness testing (valued at \$90)
- 1 x 40 Day Membership for most minutes of exercise completed (valued at \$90)
- 1 x 40 Day Membership for the highest % of weight loss (valued at \$90)
- 1 x 40 Day Membership randomly chosen from all finishers (valued at \$90)



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## REGISTRATION FORM

Name: \_\_\_\_\_ (Mobile) \_\_\_\_\_

Email: \_\_\_\_\_