

Ultimate Achiever Challenge - Rules and Regulations



1. Email will be used for correspondence with challengers. Please check your inbox regularly.
2. Pick one of four available packages. If you are not a member, these packages cover all membership fees for the duration of the competition and are considered a Paid In Full membership (PIF) that last until your final weigh-in.
3. Copper, Silver, and Gold packages includes all classes and gym access.
4. Must do initial weigh-in and final weigh-in to qualify prize winnings.
5. Kickoff Party will be Friday, January 11th, 2019, which will be held in the Annex.
6. Finals Party will be Friday, April 17th, 2020 in the Annex. No charge for challengers and one guest allowed. Guest must pay \$10 for dinner.
7. There are 2 Grand Prize categories for both male and female to win; Total Percent of Weight Lost and Body Composition Change. Additional awards will include the Apollo/Athena Award, Over 50 Award and Team Dinner Award. How you place in each category determines the overall winner.
8. Total percent of weight lost: Total weight loss divided by starting weight.
9. Body Composition: Total body fat % lost + lean tissue gained.
10. Athena/Apollo Award: 4 Non-Bias Judges score on a premade score card. Best total wins.
11. Weigh-ins will be done on the In-Body machine. You must follow the pre-test protocol in order to get the best reading. (See registration sheet for dates). Skin fold caliper can be incorporated for scale weight /lean muscle.
12. Initial and final weigh-in and photo must be complete to qualify for the overall Grand Prize of \$1000. (Grand Prize consists of \$750 cash and \$250 Achieve products/services. You may be a category winner without photo, but not the Grand Prize winner.
13. Photos are for judging only. They will not be used otherwise, without the owner's permission. Permission will be asked after final photos are taken. **YOU MAY DECLINE.**
14. Picture uniform must be shorts and a tank top or sports bra. **Try to wear exactly what you wore for your initial photo at the final.** Remember the change at the end will be a big determining factor for the Athena/Apollo judging format.
15. No Refunds on packages after purchase.
16. All dates and deadlines for UAC8 are your responsibility to adhere to, if circumstances arise that cause you to miss certain dates, notify Achieve Management.
17. Any contestant actions deemed unhealthy or detrimental to the body will forfeit their chance of winning the Grand Prize. This will be determined if needed by the management team. No cheating!
18. No coupons or other special offers may be used to pay for competition registration.
19. Owner, General Manager and Fitness Manager have sole discretion over the interpretation of all rules and regulations. Also, anything not covered by the above rules will be decided at the time of need by the owner/managers.
20. Achieve Health and Fitness urges you to obtain a thorough physical exam before starting any type of exercise program.
21. Achieve Health and Fitness makes this challenge as fair as possible and has no bias when determining the winners.

By signing the Registration Form for UAC8, you are agreeing to these Rule and Regulations.