

Play and Win "The Biggest Winner!"

JOIN THE FUN and achieve your health related goal with the crazy-fun gang at 805 Boot Camp.

Start the 6 week adventure with a BIG HEALTHY CARROT to keep you motivated.

ONE WINNER – 75% of the total money collected. The remaining amount goes toward **805 Boot Camp** equipment.

Only open for current campers on the FULL PROGRAM (Red Program or White Track #2) that attend BTO Day testing.

Cost to enter: \$20.00 (cash only)

How to play:

- 1) Enroll in 805 Boot Camp on either the Red or White Track B Program.
- 2) ATTEND BTO DAY (or make-up BTO Day) and get your performance and body composition test results.
- 3) We will record
 - a. Body Weight
 - b. Body Fat %
 - c. BMI
 - d. Timed Mile
- 4) Show up to camp every day and DO the 805 Boot Camp Nutritional Program every day!
- 5) Attend Graduation Day and get your final performance stats.
- 6) The Camper with the highest percentage of improvement average across all of the above elements is the WINNER!

You must be on a SANE and HEALTHY nutritional intake – no starvation, pills or cheating.

You need to eat REAL FOOD that is NUTRITIOUS (meaning it has VALUE for your body).

Imagine these possibilities!



20 people play
\$400 = a **\$300 winner**

30 people play
\$600 = a **\$450 winner**

40 people play
\$800 = a **\$600 winner**

80 people play
\$1600 = a **\$1200 winner**

YES! Sign me up now to play THE BIGGEST WINNER!

Name: _____ (print)

Day One Stats:

Body Weight _____

Body Fat % _____

BMI _____

Timed Mile _____

I UNDERSTAND:

This costs \$20 cash. There are NO refunds due to dropping out for any reason. I must attend BTO/Grad Day to get measured. I cannot go on a reduced calorie crash diet. I am ultimately responsible for my choices for exercise and nutrition. I understand the common sense guidelines for nutritious choices and will do everything possible to make them!

Signed: _____ Date _____

**PLEASE PLACE THIS FORM FILLED IN COMPLETELY AND \$20 CASH IN AN ENVELOPE
GIVE IT TO RANDY OR SARITA SHOEMAKER**