

The 2004 Shape Up Challenge Entry Form

Starting Weight: _____ lbs. Official Start Date: _____

Measurements:

Chest _____ Hips _____ Calf _____
Waist _____ Thigh _____ Bicep _____

Contact Information:

First Name _____ Last Name _____

Address _____

City _____ State/Prov _____ Zip _____

Phone _____ Email _____

I am enclosing at least three "before" photos, taken on my listed start date.

I am 18 years or older. I have read the rules and regulations of the 2004 Shape Up Challenge and I agree to abide by them. I certify that all information above is true and correct and that my weight and measurements were taken on my official start date listed above.

Signature _____ Date _____

Send this form, along with at least three "before" photos to:

The Shape Up Challenge
PO Box 4000-143
Olathe, KS 66063

Requirements for the 2004 Shape Up Challenge include:

1. Submit before and after photos, body measurements, and weight at the designated times.
2. Use the protein shakes, fiber shakes, and/or herbal dietary supplement to assist you in achieving your Shape Up goals. Products may be ordered from our website, or you may order directly from us. Contact us by email or in writing to order without using the website. Minimum usage of three products per month.
3. Write a 500-800 word essay describing your experience and how you achieved your results, and submit it with your "after" materials.

Consult your physician or health-care provider before commencing any new diet or exercise program.