

Qualifying Regulations:

Contestants must take before photos and record their weight and measurements (chest, waist, hips, thigh, calf, and bicep) on their chosen start date.

Via email or US Mail, contestants must send an official record of their start date, along with at least three clear photos and a record of their measurements taken on that date. All "before" submissions must be received within two weeks of chosen start date. Contestant may submit more than three "before" photos if desired.

Contestants must use the protein shakes, fiber shakes, and/or herbal supplements suggested in the program. We suggest 1-3 protein shakes, 1-2 fiber shakes, and one bottle of herbal dietary supplement per month. However contestants are free to choose their own selection (minimum 3) of the above products monthly. See our product page for pricing and ordering instructions.

12 weeks after the contestants' recorded start date, contestants must take after photos and record their weight and measurements. Contestants' ending date must be no later than December 31, 2004.

Contestants must write a 500-800 word essay describing their experience.

Via email or US Mail, contestants must submit the essay, at least three "after" photos and a record of their "after" weight and measurements. Contestant may submit more than three "after" photos if desired. All "after" submissions, including the essay, must be received by Sunday, January 2, 2005.

Contestants will be required to sign a form verifying that all provided information is true and correct and that photos have not been altered.

Consult your physician or health-care provider before commencing any new exercise, nutrition, or supplementation program. Participants in the Shape Up Challenge assume all risk of injury, harm, or loss of any kind arising from participation. Participants release the Shape Up Challenge and its entire staff from any and all risk, loss, injury, damage, or harm that may arise from participating in this contest.

Judging:

Grand prize winner will be determined by highest total score. Scores are based on statistical change in contestant's physique (25%), before and after photos (25%), and contestant's essay (50%). A minimum of three independent judges will evaluate submissions from all qualified participants and score each category between 1 and 100 points. Judges' scores will be added together to determine total score for each participant. In the case of a tie, each judge will be asked to cast a single vote to determine the grand prize winner. Next highest scores will determine runner up winners. Winners will be determined by January 31, 2005.

Additional Rules and Regulations:

The Shape Up Challenge is open to residents of the United States and Canada. Contestants must be 18 years or older on their contest start date. Odds of winning depend on the number of completed entries and cannot be determined in advance. All federal, state, and local laws apply. Void where prohibited by law. All decisions of the judges are final. Prizes are nontransferable, and no cash equivalents or substitutes will be offered.

Entry into the Shape Up Challenge constitutes your consent and permission to use your name, photos, and essay (in whole or in part) for promotional and advertising purposes to promote the Shape Up Challenge and any future contests, without limitation or restriction. Such consent is a condition of eligibility to enter and win the Shape Up Challenge.

All photos and essays submitted becomes the property of the Shape Up Challenge, and submission of your entry shall be deemed a voluntary transfer of your right, title and interest, including copyright, to your photos and essay. If you have a change of address or e-mail between submission of your "before" materials and the date the winners are announced, you must notify us by email or by sending written notification to The Shape Up Challenge, PO Box 4000-143, Olathe, KS 66063. Winners who cannot be reached within 45 days after winner selections automatically forfeit their prize. Prizes may or may not be awarded to the next-highest scoring contestants.