



BETTIN' ON ME/23

GET IN SHAPE FITNESS CHALLENGE



Contest Application

Name: _____ Birth Date: _____ Age: _____ M / F

Phone: _____ Email: _____

Category: Open: _____ 35-54 _____ 55+ _____ Employee: _____

Entry Type: Basic Entry \$100 _____ Training Entry Fee \$175 _____ Non-Member Entry \$250 _____

<p>Circle your most likely to work out times:</p> <p>Mon. Tue. Wed. Thurs. Fri. Sat. Sun.</p> <p>5 am 9 am Noon 4pm 5 pm 6pm Evening</p>	<p>Team Shirt Size</p> <p>S ___ M ___ L ___ XL ___ 2XL ___</p>
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Starting Stats	Ending Stats	Change/Points
TRX Rows: _____ Push-Ups: _____ Plank: _____ 5 min. run: _____ Flexibility: _____ Notes: _____	TRX Rows: _____ Push-Ups: _____ Plank: _____ 5 min. run: _____ Flexibility: _____ Notes: _____	TRX Rows _____ Push-Ups _____ Plank _____ 5 min Run _____ Flexibility _____ Test Points _____ _____

Starting Weight _____ lbs Body fat _____ %	Beginning Calculation Formula for pounds of lean muscle and fat: Weight _____ x _____ Body fat percentage = _____ Pounds of fat Weight _____ - _____ pounds of fat = _____ Pounds of lean
Ending Weight _____ lbs Body fat _____ %	Ending Calculation Formula for pounds of lean muscle and fat: Weight _____ x _____ Body fat percentage = _____ Pounds of fat Weight _____ - _____ pounds of fat = _____ Pounds of lean

Finish Line

Fitness Challenge Measurement Points: _____ Test Points: _____ Total: _____

Place _____



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Dates:

Registration opens: November 28th, 2022

Contest begins: January 9th, 2023

Measurements & Pictures: January 5th, 6th & 7th

Mid-Way Measurement: February 2,3,4

Final Measurements/Weigh-in's and Fitness Testing: March 15,16,17

Awards Ceremony: March 16, 2023 7PM at Yakima Athletic Club

2023 CONTEST RULES

1. Deadline for applications is 6pm, January 6th, 2023. *Late registration fee may apply AFTER Jan. 1st., 2023.
2. General Competitor Entry fee is \$100 and must accompany application. Training Entry fee is \$175 and must accompany application. **Entry Fee is non-refundable.** You must be a current Yakima Athletic Club member to participate. Non-member temporary membership & entry fee is \$250 (must register with application)
3. Measurements will be taken during the first and last week of the competition. Late fee may apply if Measurement/Pictures appointment is re-scheduled.

Beginning Measurements:

January 5,6,7th

Final Measurements:

March 15, 16th & 17th

Participants must be available for both beginning and end dates.

5. Measurements will be confidential to event staff, unless you win.
Pictures and measurements may be used by YVRC, Inc for advertising purposes.
6. Winners in the Fitness Challenge are determined by the following factors: Statistics (Body Fat and Weight), Fitness testing results & Overall Change. Must be 18 years of age or older.
7. Absolutely no illegal drug use will be permitted. Women are not eligible to win the contest if less than six months postnatal January 9th, 2023. Enhancement/weight loss surgery is not permitted within six months prior to and/or during contest. Physicians written release required.
9. Rules may be changed if necessary to accommodate special situations.

CATEGORIES

Open

- 1 Male & 1 Female Winner (Cash prized based on minimum participation & Prize Package)
- 18 years or older. Performance based fitness testing with % based on body composition testing and overall change. This will include before and after photo and testimonial.

Age Categories

- 1 male & 1 Female winner in each age group. (Cash prized based on minimum participation & Prize Package)
- 35- 55*
- 55 and older *

*Participants with recommendations from a trainer that do not want to participate in the open may enter into the age group closest to them.

Awards Ceremony - March 23, 2023 @ 7pm @ YAC.

Signature _____ Date _____

YVRC, Inc Representative _____ Date _____

MEASUREMENT DATE _____ TIME _____

