



## 90 Day Challenge

### Get paid to lose weight

#### How the Challenge Works

We are on a mission to help people lose weight, improve their health, and live a healthier lifestyle. We are so sure that our products will help give you the edge you need to succeed with your journey to losing weight that we are going above and beyond to help you. That is why we offer cash incentives to help keep you motivated and focused on reaching your goal. In fact, we will **pay you on a "per pound lost" basis**. So the more weight you lose...the more money you win! The purpose of the SPX Nutrition 90-Day Challenge is simple: **We want to get America healthy and do our part to help knock out obesity.**

#### Let's get you started and help you lose to win!

**NOTE:** By entering the challenge, you give your consent and permission for SPX Nutrition and any of its affiliated enterprises to use your name, your essay, your photographs and any part of your contest for the purposes of promotion, marketing and advertising without limitation or restriction or fee. You agree to turn over all rights of these materials to SPX Nutrition.

1. Visit to our website and order your SPX Nutrition product or products.
2. Once you have ordered your product, you will get an email confirmation of your purchase. You must purchase a minimum of at least one SPX product (\$30 Minimum) per month for the entire duration of your challenge. (90 Days)
3. Once you receive your product, fill out the SPX Nutrition 90 Day Challenge Official Entry Form by completing all of the necessary information. Be sure to keep a copy for your records as you will need it when you complete your challenge.
4. Take at least 2 full body pictures of yourself. (**1-Side View & 1-Front View**) One of the photos should include you holding the front page of a local or national newspaper to verify the current date. (Be sure not to let the paper cover your body) **Note:** If you can't find a newspaper, you can use a smart phone or tablet. You will just need to use the date display on the home screen of your device to show the current date. The other photo should be just you so that we are able to create your success story. (**See examples below**)
5. Take a photograph of your current weight on the scale with the same newspaper or smart device in front of the scale to verify the current date and your current weight. (**See examples below**)
6. Email your photos to: [Support@SPXNutrition.com](mailto:Support@SPXNutrition.com) Mail the application along with and the front page of your newspaper by mail to: SPX Nutrition. PO Box 2794, Mesquite Nevada 89024. You will get a confirmation email that you have been accepted. **Also watch for your FREE Weight Loss Nutrition Guide as well.**
7. Begin taking your SPX Nutri-Thin or other products and follow our healthy training tips. Eat a sensible diet and start some type of exercise program for the next 90 days. (Use your new nutrition guide to help you be a success.

# At The End of Your Challenge

8. On the 90<sup>th</sup> day of your challenge, complete the rest of the information required on your 90 Day Challenge Form that you made a copy of when you started your challenge.
9. Repeat the same steps you did when you started with your before weight and pictures but now you will include your “After” results.
10. Take at least 2 full body pictures of yourself. (**1-Side View & 1-Front View**) One of the photos should include you holding the front page of a local or national newspaper to verify the current date. (Be sure not to let the paper cover your body) The other photo should be just you so that we are able to create your success story.
11. Take a photograph of your current weight on the scale with the same newspaper in front of the scale to verify the current date.
12. Email your final pictures to: [Support@SPXNutrition.com](mailto:Support@SPXNutrition.com) Mail a hard copy of your completed application along with the front page of your newspaper by mail to: SPX Nutrition. PO Box 2794, Mesquite Nevada 89024.
13. Once your challenge form is verified, you will be notified of your challenge results and your prize winnings. Your earnings will be paid to you based upon the payment method you choose.
14. All results are final. Competitor results, scores, and placing are confidential and property of SPX Nutrition.

**NOTE:** It is recommended that you consult with a physician or qualified health care provider before beginning any exercise, diet, or nutritional supplementation program. Information given by 'SPX Nutrition' staff members and personal trainers is given for informational purposes only and is not intended to substitute for medical advice. Information provided is not to be confused as a diagnosis or prescription. Only your physician can determine what forms of exercise and / or supplementation are appropriate for you.

## Prize Winning Pay Levels

- **Level 1 – Lose 10-15 pounds, earn \$30 in SPX Bucks good towards any of our products**
- **Level 2 – Lose 16-20 pounds, earn \$60 in SPX Bucks good towards any of our products**
- **Level 3 – Lose 20-29 pounds, earn \$100**
- **Level 4 – Lose 40-49 pounds, earn \$200**
- **Level 5 – Lose 50-59 pounds, earn \$300**

## Release of Liability and Waiver of Liability and Assumption of Risk

Please read this document carefully. By signing the SPX Nutrition 90 Day Challenge Entry Form, you are agreeing to the following terms. I understand that I am participating in the SPX Nutrition 90 day weight loss challenge at my own risk and I accept any and all responsibilities and agree to hold SPX Nutrition LLC and its staff harmless against any and all claims.

## Photo Tips

Any photos submitted will not be returned and will become the property of SPX Nutrition.

You must have your before photos taken within the first day of entering the contest. Your after photo must be on the 90<sup>th</sup> day of your challenge. *(Remember to include current local or national newspaper in photos. If you can't find a newspaper, using a smart phone works as well. Just be sure that the time and date are displaying from the home screen.)*

Get the best quality photos possible since this part of the contest is very important to your story. As they say; a picture is worth a thousand words. **QUALITY COUNTS!** Consider having someone help you to get the best pictures that you can.

Clothing should be fairly snug to show your body type. Work out shorts or swim trunks and a snug fitting shirt for men. For women, a plain 1 or 2-piece swim suit or exercise apparel. Try to show as much of your body as possible (while being tasteful.) Ultimately, whatever outfit is able to show your transformation the best is what you should use. We know this may not be much fun for your "before" photo, but you'll be glad when you can really see your improvement in the after photo. Changes are more difficult to see if you're wearing baggy clothes or jeans and a sweatshirt. **Entrants who are wearing excessive baggie clothes will not be accepted. It is recommended that you wear the same clothing in both your BEFORE and AFTER picture. You may also provide another AFTER picture wearing whatever outfit you think makes you look best so that we can use that as your photoshoot picture for your success poster.**

Shooting a self-portrait in the bathroom mirror will not produce great photos. Again, remember that photo quality counts.

Fill the entire picture with as much of your body as possible. We want to see you, not the scenery in your backyard. Don't cut off your body parts in the photo. We want to see your head and your legs!

Use a solid background, light in color. Remember for your after photo (for light-skinned people), the more tan you are the better you will look.

Any photo alteration of any kind (i.e. Photo shopping away the pounds) will result in immediate disqualification from the contest.

# How to take your Photos

## Example of Photo with Newspaper

(or smart device)



Include  
Newspaper  
in photo

## Example of Scale Photo



Include  
Newspaper  
In Photo

# 90 Day "GET PAID TO LOSE" Application

Day 1

Please complete all entries of this section at the beginning of your 90 day challenge, Make a copy of this form **after completing this section**, then mail the copy along with the front page of the newspaper (used in your "Before" photos) to SPX Nutrition Corporate. Maintain the original copy to be sent in at the end of your challenge.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
SPX User Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
\_\_\_\_\_

Challenge Beginning Date: \_\_\_\_\_ Beginning Weight: \_\_\_\_\_

Day 90

**90 Day Challenge Completion Section** Please complete all entries of this section at the completion of your 90 day challenge, After completing this section and signing the form at the bottom of this page, send this form along with the front page of the newspaper (used in your "After" photos) to SPX Nutrition Corporate.

Challenge Completion Date: \_\_\_\_\_ Completion Weight: \_\_\_\_\_  
Total Pounds Lost: \_\_\_\_\_  
Your testimony: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Consent to Use of Image

I hereby give SPX Nutrition (SPX) permission to use images of me (including any motion picture or still photographs made by SPX of my likeness, poses, acts and appearances or the sound records made by SPX of my voice) ("Images") for any purposes in connection with promoting SPX and its activities (the "Purposes"), which may include advertising, promotion and marketing. SPX may crop, alter or modify images of me and combine such Images with other images, text, audio recordings and graphics without notifying me. I consent to my name that was provided by me to SPX being displayed in connection with the appearance of my Image.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**Instruction Clarification:** You must email a copy of your pictures to support@SPXNutrition.com Once your entry is received by email, you will receive a confirmation of your challenge being accepted along with a diet and exercise guide to help you with your challenge. **ALSO**, You **MUST mail in this form along with the FRONT PAGE** of your local or national newspaper to:

**SPX Nutrition**  
**PO Box 2794**  
**Mesquite, Nevada 89024**

**+Challenge Get Started Requirements:** Mail this form with top section completed along with your newspaper to SPX.

**+Challenge Completion Requirements:** Mail this form completed in its entirety along with your newspaper to SPX.

**Special Note:** Your “Before” and “After” pictures should also be sent by email to SPX Nutrition Customer Support. The email is: [Support@SPXNutrition.com](mailto:Support@SPXNutrition.com)

#### **FINE PRINT & DISCLAIMERS:**

Women who are pregnant may not enter the challenge.

Entrants are only allowed to enter one challenge every 12 months.

You must maintain an SPX product purchase of at least \$30 each month for the entire duration of your challenge to be qualified. NOTE: Other special promotional challenges may require a higher monthly product purchase to qualify.

In order to be eligible for the 90 day challenge, you must follow each step carefully and enter exactly as the instructions state. Failure to follow all of the entry instructions may result in your entry being disqualified from the challenge.

All entries will be reviewed by an independent panel of professionals to determine the validity of the photographs, and results to determine eligibility. Any entrants who are determined to be false or unethical will be disqualified and will therefore not be awarded any prize money.