



Our 'Shape Shifter' 12 week challenge competition is based on a **point system** that allows the winner to be based on, not only results but participation and attitude.

The point system is as follows.

- 100 points for every % of fat lost.
- 200 points for every kg of muscle gained.
- 25 points for every centimetre lost.
- 20 points for every class completed at Your Life Fitness Centre.
- 30 points for every Personal Training sessions completed at Your Life Fitness Centre.
- 20 points for participating in the week challenge.
- 20 points for every workout completed (non PT or class) at Your Life Fitness Centre.
- 1 point for posting a motivational quote/picture/status on our private 'Shape Shifter' Facebook group (limit 1/day).
- 10 points for 'checking in' at Your Life Fitness Centre on your personal Facebook page. Double your points if you post your check in with a photo or video.
- 50 points for improving on previous weekly challenge.
- 30 point **penalty** for not providing 12hr notice for cancelling a Personal Training session.