

## F.I.T Challenge that's All About Health Contest Entry Form

### Please Print

Name: \_\_\_\_\_

DOB: MM / DD / YY      Gender: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Province: \_\_\_\_\_ Postal Code \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Nighttime Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

T-shirt Size \_\_\_\_\_

**Entry form that must be in by  
Friday February 3rd 11:59**

Please complete and submit entry form together with all of the items listed below, to the attention of:

**The F.I.T Institute Inc.**

485023 Sweaburg Road, Woodstock, Ontario;

**All About Health Remedy'sRx**

357 Norwich Avenue, Woodstock, Ontario; or

Enter online at [www.fitinstitute.ca](http://www.fitinstitute.ca)

Each entrant must submit an entry form together with:

(i) a written description explaining their health and fitness goals, their motivation levels and why they feel it is important for them to participate in the F.I.T Challenge (maximum of two hundred fifty (250) words);

(ii) a current, full-length photograph of him/herself (maximum 2 MB); and

(iii) an answer to each of the following questions (maximum of seventy-five (75) words per answer):

- If you were to be selected to be a Finalist, would you be able to fulfill all of the required commitments? If not, which ones and why?
- Who do you hope to inspire by your example if you are selected to participate in the F.I.T Challenge?
- Have ever tried to lose weight or stick to an exercise plan in the past, and if so, what were your successes and your challenges or reasons for not completing or continuing (if applicable) with your plan?
- If you were to be selected to be a Finalist, how can you assure the Contest judges and the public that you would overcome any adversity and fulfill all the Contest requirements?
- Please describe any type of eating plan, such as being a vegetarian, you follow or if you have any food restrictions/allergies.
- If you were to be selected to be a Finalist, what support would you have from your spouse or significant other and how do you think your family and friends would react to you being in the spotlight?
- How flexible is your schedule and what do you see as the single biggest barrier to achieving your health and fitness goals?
- If you were to be selected to be a Finalist, how would you feel about having your photographs, your story, your measurements, your results and your twelve (12) week health journey published/broadcast in the Newspaper, online and/or any other media outlets?

By participating in this Contest, the entrant represents and warrants that: (i) the Work does not and shall not contain any material that is libellous, defamatory, profane or obscene; (ii) the Work is original and all right, title, and interest (including copyright) therein and thereto is owned and/or controlled by the entrant to the full extent necessary to enable the Sponsors to use the Work as contemplated by these Contest Rules; and (iii) the Work does not and shall not infringe

upon the  
common law



intellectual property or  
rights of any third parties.



other statutory or

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