

World-Wide Weight Loss Success[®] Challenge - Official Rules and Regulations:

- 1) Anyone at the age of 12 years or older can participate in the Challenge from any location in the world. If you are under the age of 18 you must receive permission from your parent or legal guardian to participate.
- 2) The participant understands that most of the communication regarding the Challenge will be done via email. It is the responsibility of the participant to provide a working email address to properly receive these communications. The participant must use the same email address throughout the Challenge. Failure to provide a working email address, and failure to use the same email throughout the Challenge may result in the participant not receiving credit for their results.
- 3) It is the responsibility of each participant to make sure they are medically capable of participating in the Challenge, and that they do not have a medical condition which would put them at harm or risk while participating in the Challenge. Therefore, it is recommended that each participant seek the advice and receive an evaluation from their medical doctor prior to the start of the Challenge.
- 4) It is up to each participant to determine the methods or strategies by which they will improve their health and lose their excess weight during the Challenge. Keep in mind that this is an all-natural challenge. Legal substances, such as nutritional supplements, may be used by the participants; however it is recommended the participant consult a knowledgeable and licensed health professional first. If a participant is found to be using any illegal substance they will be disqualified from the Challenge. If a participant is found to be engaging in dietary practices that may be harmful or dangerous to their health, they will be disqualified from the Challenge. If the participant is found to have received weight loss surgery (for example: gastric bypass) or cosmetic surgery as their means of weight loss for the Challenge, they will be disqualified from the Challenge.
- 5) If a participant is awarded any form of prize or money as a result of their participation in the Challenge, and later found to have been taking any illegal substances, or engaged in dietary practices that may be harmful or dangerous to their health, or to have received weight loss surgery or cosmetic surgery as their means of weight loss for the Challenge, the participant will be required to immediately return 100% of the prizes or money that was awarded to them.
- 6) By registering for the Challenge the participant understands that their \$30 entry fee is non-refundable. This entry fee is used to calculate the total prize money that will be awarded to the winners of the Challenge.
- 7) In order for the participant to qualify for any form of prize or money awarded to them at the end of the Challenge, the participant must provide a starting body weight and an ending body weight. The participant agrees that:
 1. These weigh-ins will be performed by a licensed healthcare professional as described in the Official Guide, and these weigh-ins must be recorded as part of their official medical record.
 2. The starting weigh-in will be recorded no earlier than one week prior to the start date of the Challenge as outlined in the Official Guide.
 3. The ending weigh-in will be recorded no later than one week after the end of the Challenge as outlined in the Official Guide.
 4. If it appears the participant may be a winner of the Challenge, we will first be requesting a copy of their official medical record directly from their doctor or clinic to verify the accuracy of the results the participant reported to the Challenge staff before sending any money won to the participant. If the Starting Weight and Ending Weight reported to the Challenge staff is different than what we receive from the participants official medical record, then the participant will be disqualified from the Challenge for reporting false results and will not receive any prize money.
 5. If it appears the participant may be a winner of the Challenge, they will be given a date as a deadline to provide necessary information to award any prize money. If the participant does not provide the necessary information to receive their prize money by the deadline date, they will forfeit their prize money.
- 8) Each participant assumes all risk of injury, harm or loss of any kind arising from participation in the Challenge. Consult with your physician or health care provider before starting any new exercise program, dietary program, nutrition or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with exercise and strength training, it is recommended you consult with a qualified fitness trainer or coach. Participants in the Challenge expressly release the creators of the Challenge, its distributors and affiliated companies, it's supporters and sponsors, and the directors, officers and employees of any of them from all risk, loss, injury, damage or harm that may arise from participating in the Challenge.