

# REGISTRATION INSTRUCTIONS



The BeFit Transformation Challenge is a six-week fitness contest that will take place four times annually. It is a program designed to guide you, train you and motivate you to reach your best possible shape in 6 weeks. If you are not willing to commit to do whatever it takes for six weeks to reach your goal then this challenge is not for you. The challenge is suitable for both genders, any age and fitness level.

Whether your goal is to lose fat, tone your body or gain muscles; you just have to push yourself throughout those six weeks to make it happen.

## To Participate

1. Register on our website
2. Pick one of the three packages below
3. Go to Kattameya Height Golds Gym and take your measurements
4. Go to Kattameya Height's Pro Shop to pay the fee and drop your measurement sheet.
5. A customized nutrition plan will be sent to you via email.

**The winner will be based on the following:**

- 1) Voting from your peers in the challenge
- 2) Your coach's voting regarding your performance during the session
- 3) Your overall fitness level improvement

### Orange Package

- Registration fees for the Challenge
- 30 session BeFit package expiring at the end of the 6 weeks
- Customized nutrition plan to meet your goals
- Ongoing support from your coach

2400 LE

### Green Package

- Registration fees for the Challenge
- 24 session BeFit package expiring at the end of the 6 weeks
- Customized nutrition plan to meet your goals
- Ongoing support from your coach

2150 LE

### Blue Package

- Registration fees for the Challenge
- 18 session BeFit package expiring at the end of the 6 weeks
- Customized nutrition plan to meet your goals
- Ongoing support from your coach

1800 LE

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