

my efforts. my results.



## take the myzone challenge!

---

The purpose of this challenge is to motivate new adult members to start their fitness journey and to form a healthy exercise habit.

## the challenge:

---

- Visit the club 8x each month for the first 3 months (2 visits a week, 24 visits in 90 days).
- Wear & achieve the 1,300 My Zone Effort Point (MEP) goal each month in first 3 months.
- Complete 2 new member complimentary activity sessions within first 90 days.

## the reward:

---

- Complete challenge & earn a My Zone belt FREE!
- **If the challenge is not completed within the 90 days, a one-time fee of \$45 will be charged to your account following your challenge end date.**

## I accept the myzone Challenge!

---

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

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

90-Day Challenge End Date: \_\_\_\_\_

