

## 7 Week AxeFIT Biggest Loser Challenge 2022

Beginning date: The week of January 10th.

Ending date: The Week of February 21st.

Cost to join this challenge is....Free!

### Program Specifics/Rules

- This is an individual competition using chosen nicknames to maintain anonymity.
- Challenge will be won by highest percentage of body weight loss.
- Weekly weigh in is mandatory.
- Body weight loss or gain in pounds along with percentage of weight loss will be published in a weekly update on our private Challenge group page.
- Measurements and before pictures should be taken on Day 1 of the challenge.
- Before and after pictures are optional but highly recommended.
- You can determine your weigh in date but the day of the week must remain the same throughout the challenge.
- You should wear the same weight/type of clothing for each weigh in and no shoes.
- If you do not train with me weekly, you must do your own weigh ins and report them to me each week taking a picture of the scale and sending them via text message.
- You must participate in our private online Facebook Challenge group liking and supporting others doing the challenge, make it fun. Post pictures of meals, workouts, recipes, etc.
- The weekly update will include nicknames, weight loss or gain in pounds, and percentages of weight loss, NO actual weights will be listed.

### What you get:

- Access to a private Facebook page with like minded people all coming together to reach their weight loss goals and share ideas, recipes, workouts, etc.
- Accountability and nutrition help focused on clean eating habits and 30 minutes of daily exercise.
- I recommend you set goals for this challenge, write them in your journal and share them with the group so we can all help each other reach our goals. I will assist you in setting your goals if you need help with this. Goals MUST be specific, measurable and time bound.
- Prizes awarded for Top 3 Biggest Losers!

To join this challenge, please register at [www.jennyaxe.com](http://www.jennyaxe.com) with the following information by Friday January 10th.

- Name Nickname to be used for group emails.
- Goals for your weight loss please send me a weight goal in pounds and the percentage of weight loss this equates to. Other goals for this year, for example, if you have a wedding to get ready for, family pictures, etc., make them specific, measurable and have a time goal.
- What is your motivation?