

6 Week AxeFIT Biggest Loser Challenge 2023

Beginning date: The week of January 2nd.

Ending date: The Week of February 10th.

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.

To join this challenge, please register at www.jennyaxe.com with the following information by Friday January 6th.

- 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.
- Send in your starting weight via text or messenger to me only with your nickname.