

www.
idealbodiesonline.com

Transform Your Body in 12 Weeks



No matter what your age, shape, weight or experience, **Ideal Bodies Online** will take you from average to AMAZING – in as little as 12 weeks!



SUE HEINTZE

If you have decided to tackle the **Ideal Bodies Online NEW YOU 12 Week Challenge**, then congratulations! To get started simply join as an Ideal Bodies Online client from 1st November 2009 through to 31st October 2010, fill in this Entry Form, take some full length photographs from front, back and side holding a current newspaper and get training! Send this form and the photographs (within 14 days of your start date) to

Ideal Bodies Online Pty Ltd
PO Box 321
Mildura Vic 3502
Australia

First Name:		Surname:	
Date of Birth:		Age:	
Address:			
City:	State:	Postal/Zip Code:	
Country:			
Phone B/H:	A/H:	Mobile:	
Email:			
Occupation:			

My 12 Week Start Date:

Do you take any supplements?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	If so, which brand:
Do you belong to a gym?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	If so please Name/Location:

BEFORE MEASUREMENTS:

Height: (Feet & inches)	Weight: (Pounds or kilograms)	Body Fat %: (Optional state if scale or calipers)
Shoulders (widest – measure right around, not just across):		
Chest:		
Arms (at peak in bicep, flexed):		
Waist (Smallest):		
Thighs (largest):		
Calves:		
Hips (Widest) (females only):		

CHECK LIST:

To start your entry, first, join as an Ideal Bodies Online client. Complete this form. Include clear **full-length** photographs from front, side and behind. Remember to hold a newspaper dated the start date of your 12 weeks. **If you are using digital images, they must be high resolution and untouched. You must note on the entry form you have submitted digital photos. Be sure to keep a copy of your photos for yourself in case these are required at a later date.** Send your completed entry form and photos within 14 days of the start date of your program.

I have read and complied with the Rules and Conditions of the Ideal Bodies Online NEW YOU 12-Week Challenge (see following pages):

Signed

____/____/____
Date

RULES AND CONDITIONS OF ENTRY

All entrants who complete the NEW YOU 12-Week Challenge and submit the entry form, before photograph and after photographs before end December, 2009 will be eligible to win the NEW YOU 12 Week Challenge prize/s.

TO ENTER

1. Entrants must complete the Before Entry Form above.
2. Entries must be submitted with CLEAR full length before photographs showing front, back and side views, holding a newspaper corresponding to your start date of your NEW YOU 12-Week Challenge. Entries must be submitted within 14 days of your start date. You must keep copies of the photos for yourself and be able to produce them on request.
3. To complete your entry, post a Completion Form with clear full-length photographs showing front, back and side views, and holding a newspaper corresponding to the finishing date of your NEW YOU 12-Week Challenge. An Essay as outlined in the After Entry Form must also be submitted (please send via snail mail, and email). Entries must be submitted within 14 days of your finishing date. If you have had professional photos taken they may take longer, so be sure to advise Ideal Bodies Online if this is the case.

ENTRANTS MUST NOT...

1. be, or have not been in the past, a professional bodybuilder
2. be sponsored by a commercial enterprise to take part in the competition
3. take any banned substances during the 12-week period or have taken any banned substances in the two years prior to the competition

WINNERS

The NEW YOU 12 Week Challenge winners will be judged by Sue Heintze and one other panel member yet to be decided.

The winners will be notified by email or telephone and the results displayed on www.idealbodiesonline.com

PRIZES

1. \$250 cash (Winner)
2. MRM Protein Supplement pack (Winner and Runner Up)
3. Product pack to the value of \$100 from the Products Store (Runner Up \$50)
4. Fitness E-Book package by fitness Guru, Tom Venuto (Winner and Runner Up)
5. Follow up 12 Week Program from Ideal Bodies Online (Winner)
6. A 12 month subscription to Australian Oxygen magazine (Winner)
7. Front page billing on www.idealbodiesonline.com and the opportunity to become a spokesperson and Personal Success Mentor for Ideal Bodies Online.
8. Other prizes may be added over time

As the winner's photos and story may be used for promotional purposes, Australian residents are encouraged to use MRM Supplements (available from Ideal Bodies Online store) throughout their 12 week Challenge. Note – it is not obligatory to use supplements with our programs.

**Prizes may be added or removed over time*

**Entry is open to International clients - prizes may vary for International winners*

MEDICAL INDEMNITY

We recommend all contestants gain medical clearance from their doctor before undertaking any physical activity associated with the NEW YOU 12-Week Challenge.