



Members-Club Self-Transformation Pledge

& Member of the year 2018 Entry

I, _____, aka (nickname): _____ on this day ____ of _____ hereby pledge to myself, my family, friends and the Body20 Members-club that I will wholeheartedly work on my self-transformation every day.

I will be kind to myself and understand my limits and my strengths.

I will not 'diet' but will understand that eating healthy is a way of life – with the help of my Body20 Nutrition Doctor.

I will drink more water.

I will never give up and commit to communicate to my Body20 Coach when I need some motivation.

I will do my InBody assessments every month to remind myself how far I have come.

I will share my journey of self-transformation by submitting a monthly video and progress photo to show my struggles and triumphs and ultimately inspire others.

I will make myself proud and be an example of courage and determination.

I will celebrate the small victories and love my body during my transformation process.

Signature:

Witness:



Sue Wilkinson

**BODY20 MEMBER
OF THE YEAR 2017**



Competition details:

Enter In-studio:

- Hand in your transformation pledge
- Do your Inbody assessment and set your transformation goal: #whatsyournumber
- Register for your Nutrition Doctor support
- Take a before photo at the studio in your lycra suit (front, side, back)
- Ask your studio Champ to nominate you for a testimony video and our Chief Executive Storytellers will make contact to arrange your shoot (This will increase your chances to tell your heart-felt story)

Support and progress check-in:

- Receive tips and recipes from the Body20 Nutrition Doctor via Whatsapp
- Monthly Mailer: 3 Questions to answer in that period via video or email. (submitted in that period)
- Quarterly progress photo in studio with lycra suit

Competition weightout:

- Final Inbody assessment on the 31st of October
- Final progress photo
- On the last mailer we will request additional before and after photos

The Body20 Member of the year winner 2018:

- Makeover & photoshoot
- Fat Loss Magazine Feature
- Fat Loss Magazine Front Cover
- TV appearance
- Radio campaign participation
- Guest appearances
- R20 000 CASH PRIZE

Competition inquiries & support: member2018@body20.co.za



Sue Wilkinson

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