



Challenge Points Log

Contestant

NAME: _____ BIRTHDATE: ____/____/____ AGE: _____
ADDRESS: _____ CITY: _____ STATE: ____ ZIP CODE: _____
E-MAIL: _____ Phone#: (____) _____ Height: _____ Weight: ____ lbs.

Waiver of Liability

The purpose of this waiver is to hold harmless and indemnify the Fit Pros, Presenters, TriSystem and the NASN from any and all liability arising out of this event including, but not limited to injury, loss and/or damage to my personal property. I understand the risk involved with participation at this event and represent that I am in sound physical condition and have sufficiently trained for this event. I also understand that I may be video taped and/or photographed during this event for future promotional or educational purposes, and agree to all conditions of registration.

If more people join the TriSystem EDGE Challenge bonuses and prize money will increase! So get your family and friends to join and not only give them the gift of fitness and motivation, but increase the prizes and make this Challenge more exciting! We will continue to update you on the prizes as participation grows!!

Results and points will be awarded for the following:

All points must be logged by a TriSystem Affiliate in their Challenge Log. Participants can log points with more than 1 affiliate. Use the check list below to tally your points for yourself. Record the points as you do them on the following sheet to be turned in at the end of the contest.

- 1 point for attending the Kick -off Seminar.
- 1 point for weekly home body fat assessments
- 2 point each for completing initial, optional weekly and final weigh-in with a TriSystem Affiliate.
- 1 point for every 30 minutes of workout at a Challenge-approved site.
- 1 point for attending the Nutrition Seminar.
- 1 point for each percentage point of fat vs. body weight lost 1 point for each percentage point of muscle vs. body weight gained
- 1 point for taking TriSystem EDGE before or after workout (One point max per workout.).
- 1 point for supplement purchases from a TriSystem Affiliate (with receipt).
- 3 points for each COMPLETE supervised session with a TriSystem Affiliate.
- 3 points for each COMPLETE week of Food Journaling.
- 3 points for purchasing TriSystem EDGE (with receipt).

Affiliate List:

The TriSystem Center - Jeff Kotterman, Kathy Schlientz, Alicia Storm, Robin Senne. Call: 858-694-0317
7710 Balboa Ave., Suite 311, San Diego California 92111

Nutrimart Nutrition Stores - Egon Frank or Any Store Manager. Call For Directions: 619-595-0982
Downtown San Diego, Hillcrest, Parkway Plaza, Rancho San Diego, San Carlos, Chula Vista, and Orange County

Tom Sherwood or members of his **Ariix** team. East County, Mission Valley. Call 619-203-5374

Michelle Szames, LPSN, NASN Master Trainer, North West San Diego County: Call 760-672-8255

Erin Dougherty, LPSN, Clinical Nutritionist, Mueller College Instructor, Pt. Loma, Mission Valley. Call 858-361-1563

Heather Fulton - Foothills Christian Church, East County. Call 619-871-7896

Contestant's Signature: _____ Date: ____/____/____



The TriSystem **EDGE** Challenge

Contestant

NAME: _____ BIRTHDATE: ____/____/____ AGE: _____

ADDRESS: _____ CITY: _____ STATE: __ ZIP CODE: _____

E-MAIL: _____ Phone#: (____) _____ Height: _____ Weight: ____ lbs.

Challenge Points Log

Event	Date & Time	Points	Verified by
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

Print More Sheets as needed.