



***Caloric Responsibility “Classic WINNER 8” seminar series***

***Section 1- Contestant Use Only***

---

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Sex (male/female): \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone Number: \_\_\_\_\_

Cell Phone Number: \_\_\_\_\_

Last four digits of photo ID (License or Passport): \_\_\_\_\_

Contestant Signature: \_\_\_\_\_

Essay Provided with Entry: Yes/No Essay to be provided before the last week of the calendar quarter (Form 2).

***Section 2- Administration Use Only (do not fill out, must be filled out on registration day).***

**All measurements in centimetres rounded to the nearest whole number, unless otherwise specified**

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ lb

BP (Blood Pressure) Systolic/Diastolic: \_\_\_\_\_ / \_\_\_\_\_

RHR (Resting Heart Rate): \_\_\_\_\_

**Anthros (Female)**

**Anthros (Male)**

Neck: \_\_\_\_\_

Right Arm: \_\_\_\_\_

Shoulders: \_\_\_\_\_

Chest: \_\_\_\_\_

Abdomen (Site I): \_\_\_\_\_

Abdomen: \_\_\_\_\_

Abdomen (Site II): \_\_\_\_\_

Right Thigh: \_\_\_\_\_

Gluteus: \_\_\_\_\_

Right Calf: \_\_\_\_\_

Right Thigh: \_\_\_\_\_

Signature of station supervisor, or contest director: \_\_\_\_\_

Previous Medical Conditions: (Yes/No) Explain: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

This form must be submitted and registered with Caloric Responsibilities head office on or before the end of each calendar quarter, and signed by a CR training professional, or your personal physician. Please submit with a completed CR PAR-Q, Readiness for change survey, and 300 word essay on why you should be chosen as one our six full ride finalists.



# The Contest that Changes Lives

## Challenge Entry Form

### Rules & Regulations

1) The Caloric Responsibility "Classic WINNER 8" seminar series contest runs four major contests and prize platforms per year. All transformations must be submitted or post marked on or before the 90<sup>th</sup> day after registration. Contest registration must be completed before the last week of each calendar quarter (see form 2 for details). To qualify for the contest that changes lives you must have 1. Attended a Caloric Responsibility accelerated weight loss conference, 2. Compete as an on-line wild card contestant (register at [www.caloricresponsibility.com](http://www.caloricresponsibility.com)) 3. Train at a Caloric Responsibility training & Conditioning center.

2) To enter any Caloric Responsibility seminar series contest including Classic WINNER 8:

- You must provide a "Before" photo and essay with your entry form to any CR training and conditioning center, CR seminar or via email. Alternatively if you are entering through the wild card position you enter on-line at [www.caloricresponsibility.com](http://www.caloricresponsibility.com) or can drop the completed entry forms off at any Caloric Responsibility Training & Conditioning Center.

- All entries for the 12-week Transformation Contest must be received before the end of the calendar quarter.

- Register for this contest by entering your name, email address, and agreeing to the terms and conditions of the contest.

3) You must take "Before" photos on Day 1 and "After" photos on Day 89. All photos **must** include your face and any local Newspaper, including the Medicine Hat News insuring the current date is visible. This is mandatory for your transformation application to be entered into the contest. There are **NO** exceptions!

4) Entry forms can be dropped off at Caloric Responsibility Training & Conditioning Center or emailed (see details below).

It is highly recommended – for your success – to keep track of, workouts, and nutrition in a training journal, or use a CR accredited professional personal trainer.

5) In addition to providing Before & After photos, each contestant must write a 300 word essay detailing why they should be chosen to compete. If chosen to compete, another 300 word essay "after" success story is required at the end of your 12 week challenge on their before and after success story. This can be dropped off during a Caloric Responsibility Seminar or emailed to [info@caloricresponsibility.com](mailto:info@caloricresponsibility.com).

6) The Caloric Responsibility "Classic WINNER 8" seminar series will be judged by an independent panel.

By entering this Contest, each winner of a contest prize consents to the use of his/her name, and/or photograph in any publicity carried out by the Contest Sponsor and its advertising and promotional agencies without further notice or compensation. \_\_\_\_\_ Must be Initialed by Contestant.

7) Prizes will be awarded as follows for each 12-week Caloric Responsibility seminar series contest:

1<sup>st</sup> Place – California Dreaming: 4 nights 5 day stay in Sunny Southern California includes Airfare and Hoel Accomidations.

2<sup>nd</sup> Place – Choice of Pre-selected Pieces of Equipment from Body Building Depot Fitness Emporium.

3<sup>rd</sup> Place – A \$500 In Store Credit at Body Building Depot Fitness Emporium.

8) The Contest Sponsor's rulings are final and without appeal in all matters related to this Contest and the awarding of the Prizes. The Contest is subject to all applicable federal, provincial and municipal laws and regulations.

9) Entering by Email

To enter photos by email, send to: **(WILD CARD ENTRANTS ONLY)**

[info@caloricresponsibility.com](mailto:info@caloricresponsibility.com)

All entries become the property of the Contest Sponsor's and will not be returned. Contest Sponsor's, its advertising and promotion agencies assume no responsibility for lost, stolen, delayed, damaged, illegible, incomplete, postage-due, garbled or misdirected entries or entries that have been submitted through illicit means, or do not conform to or satisfy the Contest Rules or for any problems or technical malfunction of any telephone network or lines, computer on-line systems, servers, access providers, computer equipment, software, failure of any entry to be received or traffic congestion on the internet or at any website, or any combination thereof including any injury or damage to an entrant's or any other person's computer related to or resulting from playing or downloading any material in the contest.

*\* If you enter, you may receive emails from the sponsors.*

10) The Contest Sponsor's reserves the right, in its sole discretion, to modify, cancel or suspend this Contest should an external circumstances arise which are beyond the reasonable control of the Contest Sponsor's. The Contest Sponsor's is not responsible for any errors or omissions in printing or advertising this Contest.

The Contest Sponsor's collects your personal information for the purposes of registration, program evaluation and to keep you informed about the challenge. The Contest Sponsor's may, if consent was given during registration, also contact you from time to time with information about other ways you can lose weight.

The Contest Sponsor's will not share any personal data about entrants with any other party. The personal data collected for this Contest will not be used for any other purposes unless entrants provide explicit permission as indicated on the entry form. For more information about our privacy practices or to obtain a copy of our privacy policy please visit:

[Caloric Responsibility](http://www.caloricresponsibility.com)

By entering this Contest, entrants agree to release and hold harmless the Contest Sponsor's and their respective employees, officers, directors, agents, representatives, successors, assigns, advertising and promotional agencies from any liability for any loss or damage of any kind to the entrant or any other person in connection with this Contest or participation in any Contest related activities, including but not limited the taking of a urine test or, if declared a winner, the use or misuse of a prize or any portion of a prize including personal injury, death or property damage.

This Contest will run in accordance with these Contest Rules, subject to amendment by the Contest Sponsor's. Contest Sponsor's reserves the right to cancel, amend, modify or terminate this Contest or the Rules at any time in its sole discretion and without notice.

Entrants must comply with these rules, and will be deemed to have received and understood the rules if they participate in the Contest.

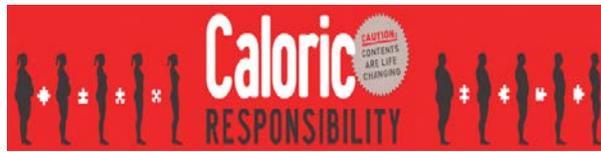
11) The wild card position is available exclusively through CR online coaching or any Caloric Responsibility Training & Conditioning Center.

I acknowledge that I have read and agree to all above terms and conditions

I agree to all previously stated terms and conditions

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness Signature: \_\_\_\_\_ Date: \_\_\_\_\_



*Caloric Responsibility “Classic WINNER 8” seminar series*

Form 2

The Contest that Changes Lives

The Classic WINNER 8 Seminar Series has been designed around Todd Schneider’s best selling book “Caloric Responsibility – Solving the Weight Loss Puzzle”. This book teaches the life changing concepts, while simplifying weight loss. Participants’ results are tracked over a 12 week period. The contestants are then asked to submit a 300 word essay summarizing the knowledge gained from either the online coaching component, a live Caloric Responsibility seminar or reading the Caloric Responsibility book, and how this knowledge will impact their lives going forward.

Our celebrity judging panel will then review all judging criteria (total pounds lost, total inches lost) and in the percentage of the participants opening data; decrease in RHR, BP). These results are then combined with the submitted 300 word essay. Each judging component is worth approximately 33% of their final score.

All contestants must:

- Register and attend a Caloric Responsibility full seminar
- Compete as an online Caloric Responsibility Member
- Be a registered member and train at a Caloric Responsibility Training & Conditioning Center

Critical steps to register for a Caloric Responsibility “Classic WINNER 8” seminar series

Accelerated Weight Loss Contest:

1. Register during or before the end of any Calendar quarter.
2. Submit entry form and supporting information either online, at any Caloric Responsibility Seminar or in person at any Caloric Responsibility Training & Conditioning center.
3. Have your opening data verified by an approved entity, supported by your ‘before’ photo holding a local newspaper clearly identifying the date.
4. Sign your personal commitment pledge card located online or in the rear of the Caloric Responsibility book, located on page 308.
5. Remember this is the contest that “Changes Lives” and that diets are a temporary solution to a permanent problem

Have fun and we hope to see you at a Caloric Responsibility seminar or conference very soon!

If you are interested in hosting or sponsoring a Caloric Responsibility consumer or corporate seminar drop us an email at [info@caloricresponsibility.com](mailto:info@caloricresponsibility.com) or check out our website [www.caloricresponsibility.com](http://www.caloricresponsibility.com)

Are you ready to change your weight and your life?