



Firm-A-Body Challenge Entry Form

Personal Details

| | | | |
|-------------------------|---------------|----------------|--|
| First Name: | | Surname | |
| Date Of Birth | | Age: | |
| Address: | | | |
| | | | |
| | | | |
| Phone - business hours: | Phone - Home: | Phone -Mobile: | |
| e-mail: | | | |

Your Weight-loss Details

| | | |
|---|-------------------------|----|
| Name of The Firm Sliming & Health Clinic you are attending or have recently attended: | | |
| Height: | | |
| Start Weight: | End Weight: | |
| Kilograms Lost: | Total Centimetres Lost: | |
| Are you at your goal weight? | Yes | No |
| If you are not at goal weight, how many kilograms do you still need to lose? | | |
| Time taken to achieve the kilograms you have lost: | | |

Agreement and Signature:

I have read, complied with, and agree to abide by the Rules and Conditions of entering The Firm Slimming & Health Clinic's Firm-A-Body Challenge (see following pages). I understand that all Firm-A-Body Challenge entry forms and their content and photographs, once received, become the property of The Firm Slimming & Health Clinic, and may be used for promotional purposes. I confirm that I am over the age of 18 years of age on date of entry.

Signed

____/____/____
Date



Firm-A-Body Challenge

Congratulations on your decision to enter the **Firm-A-Body Challenge**.

There will be two closing dates, with two opportunities to win!

End of April 2020

End of November 2020

Entry Requirements

The judging is based on a number of criteria:

The Before and After photographs, Your Weight-Loss Details (kilograms lost, centimetres lost, percentage of overall body weight lost, achieving targets or goal weights) and your "Success Story" testimonial. This means that it is not simply the person who loses the most kilograms that wins, but rather it is about the entrant's overall weight-loss success. We are looking for the person that best demonstrates the concept of: Reshaping your Body – Reshaping your Life.

Before Photos:

To get started you need to have some clear full length photographs from the front (facing the camera) and also from the side. The clinic you are attending may be able to assist you taking some before photos. Please ask them to keep them for submission to the Firm-A-Body Challenge, or please keep copies of your own before photos for submission. (If you have other suitable photographs that clearly show how you looked before, these can be submitted too)

After Photos:

To complete your entry, take clear full-length photographs from front and side. You may send as many photos as you wish.

Photographs – more information:

Your photos need to be high resolution, preferably no larger than 1MB. Photographs may not be altered or modified (for example in Photoshop) in any way.

Entry forms, Success Stories and Photographs submitted will become the property of The Firm Slimming & Health Clinic and may be used for promotional purposes www.thefirm.co.za

Photographs must be emailed with your completed Firm-a-Body Challenge entry form to admin@thefirm.co.za by a Branch of the Firm Slimming and Health Clinic.

Photograph Tips:

Presentation is vitally important when it comes to the judging, particularly for your After photographs. We would suggest that you wear tight fitting clothing, or a bathing suit, to best show your weight-loss results.

Firm-A-Body Challenge Rules & Conditions of Entry

All entrants in South Africa who submit the Firm-A-Body Challenge Entry Form along with the before photographs and after photographs and their "Success Story", before the closing date will be eligible to win one of the Firm-A-Body Challenge prizes. You may enter the Challenge more than once, however if you have won one of the prizes, you may not re-enter for the balance of that year.

Firm-A-Body Challenge Entry Forms will be available in branches of The Firm Slimming & Health Clinic, or downloaded from The Firm Slimming & Health Clinic website at www.thefirm.co.za.

To Enter

1. You must be over 18 years old at date of entry.
2. You must be a current client of The Firm Slimming & Health Clinic or recent client (if you were a client within the last three month period prior to entering).
3. Entrants must complete and sign the Firm-A-Body Entry Form.
4. Entries must be submitted with CLEAR full length BEFORE photographs showing front, and side views. You must keep copies of the photos for yourself where possible, should they be required. Photographs may not be altered in any way.
5. Entries must be submitted with CLEAR full-length AFTER photographs showing front and side views. You must keep copies of the photos for yourself where possible, should they be required. Photographs may not be altered in any way.
6. Your "Success Story" Essay must also be submitted with the completed Firm-A-Body Entry Form, Before and After photographs.
7. All Firm-A-Body Challenge Entry forms and their additional content, once received, become the sole and exclusive property of The Firm Slimming & Health Clinic, and may be used for promotional purposes – on The Firm Slimming & Health Clinics website, social media and in print media or advertising materials.*¹
8. If you have had professional photos taken you will need to have the Photographer sign a release form agreement allowing The Firm Slimming & Health Clinic to use his or her photographs of you. You will need to supply the photographer's details (Name, Studio and telephone information) with the photographs.
9. If you are selected as a winner, you are prepared to be photographed for The Firm Slimming & Health's promotional material.
10. Firm-A-Body Challenge entries with all required documentation and photographs must be emailed to admin@thefirm.co.za, or handed in to the Branch of the Firm Slimming and Health Clinic to be emailed before the end of the deadline period.

INDEMNITY, WAIVER AND RELEASE

Each participant assumes all risk of injury, harm or loss of any kind arising from participation in the "Firm-A-Body Challenge".

Client membership contracts must be signed when attending The Firm Slimming & Health Clinic, and these Terms and Conditions are binding for both attendance of sessions, and the Firm-A-Body Challenge. Terms and Conditions may also be found on The Firm Slimming & Health Clinic Website: www.thefirm.co.za on the link at the bottom of the homepage, or by accessing the Terms and Conditions page directly: http://www.thefirm.co.za/terms_and_conditions.html.

Participants hereby indemnify and keep The Firm Slimming & Health Clinic indemnified from and against any loss or damage suffered or liability incurred including, without limitation, in respect of any claim or demand by any third party by reason of any act or omission on the part of the participant or that of any family member, agent or representative acting on his/her behalf in connection with the Firm-A-Body Challenge.

The Firm Slimming & Health Clinic will be the sole interpreter of the Rules and the Judges decision will be final.

Any extension of time granted by The Firm Slimming & Health Clinic in respect of entrance deadlines, shall not be construed as a waiver or variation of its rights.

Any changes made to these Rules will be published on The Firm Slimming & Health Clinic website: www.thefirm.co.za

*1 Please note that The Firm Slimming & Health Clinic group does not sell or rent personal information of participants to third parties. The Firm may however disclose your personal information to a third party where – it is compelled by law or a court order to do so or when it believes that such action is necessary for the purposes of its legitimate interests to protect and defend its rights, property or safety.

Write your "Success Story":

Tell us what motivated you to become involved in the Firm-A-Body Challenge or sign up at The Firm Slimming & Health Clinic, any hurdles you had to overcome and the benefits you've gained.
Tell us some of your best Success Tips.

Your "Success Story" may be featured on our Testimonials Page.

Please attach your "Success Story" essay (as long or short as you would like) as a separate document and email to admin@thefirm.co.za with the completed Firm-A-Body entry form and photos or hand to the Branch of the Firm Slimming and Health, to be emailed.