

THE 4-WEEK FALL REMIX CHALLENGE VOL. 1

Send: right after each challenger signs up and pays

Subject: You're in! Welcome to the 4-Week Fall Remix Challenge Vol. 1

Hey [First Name],

Welcome to the 4-Week Fall Remix Challenge Vol. 1! Your \$30 entry is confirmed and you're officially locked in. The challenge runs **Sunday, October 25 through Friday, November 20**.

01 YOUR NUTRITION GUIDE

Registration closes **Friday, October 23**, and your nutrition guide will be emailed to you **before the challenge starts**, so you have it in hand for Shop & Prep Day on Sunday. It works with any food preference. Pick the options that fit you and the guide points you in the right direction.

02 HOW WEEK 1 KICKS OFF

DAY 1 · SUNDAY, OCT 25 · SHOP & PREP DAY

Use your nutrition guide to plan your meals, hit the grocery store and prep for the week. No workout today. Set yourself up to win.

DAY 2 · MONDAY, OCT 26 · FIRST WORKOUT DAY

Take your starting check-in photos when you wake up, before your first meal, and email them in. Then get your first workout in and log it in the app.

03 BEFORE THE CHALLENGE STARTS

- Make sure your waiver is signed (last page of the official rules)
- Download and log in to the Sound Check Fitness tracker app
- Pick the clothes you'll wear for every check-in (same outfit each time)
- Have a white sheet of paper and a marker ready for your date sign

04 KEY DATES

DATE	WHAT HAPPENS
Fri, Oct 23	Registration closes
Before Sun, Oct 25	Nutrition guide emailed to you
Sun, Oct 25	Day 1: Shop & Prep Day
Mon, Oct 26	First workout day + starting check-in photos due
Mon, Nov 2, 9 & 16	Weekly check-in photos due
Fri, Nov 20	Last day of the challenge
Mon, Nov 23	Final check-in photos due
Mon, Nov 30	Winner announced

05 MONDAY CHECK-INS

Every Monday morning, right after you wake up and before your first meal, take 3 mirror photos: **front, side and back**. Hold your dated white paper in one of them. Email them to fallremixchallenge1@gmail.com the same day. Your check-in photos stay private and only go to the judging panel.

06 YOUR WEEKLY MINIMUM

Miss any one of these in a week and you're disqualified:

- **3 workouts** logged in the app
- **2 reels and 2 story posts** of your workouts, tagging @soundcheckfitness @stickshiftfitness @dathetrainer
- Screenshots of every post emailed to fallremixchallenge1@gmail.com (screenshot stories the same day, they disappear in 24 hours)
- Your **Monday check-in photos**

07 HOW YOU WIN

The **\$200** goes to the best overall transformation, scored out of 100 points: 50 for visual transformation (judged by a panel of 3) and 50 for consistency.

08 WEEK 1 BONUS: OPENING ACT

Log 4 workouts in the app by Saturday, October 31 and you're entered in a drawing for a surprise gift card.

Questions? Just reply to this email or ask us at the gym.

STAY FOCUSED. STAY DISCIPLINED.

Let's get it!

Sound Check Fitness