



TLS Find Your Fit Challenge 2012

Frequently Asked Questions:

Want to know more about how the Challenge works, the categories and how to submit your story? Check out our frequently asked questions below to find out:

What is the TLS® Find Your Fit Challenge 2012?

The TLS® Find Your Fit Challenge (the "Challenge") is a contest that rewards participants for both body and life transformations. The participants who not only improve their bodies the most, but also improve their lifestyles, will be the Challenge winners. Each participant will be judged on both their "before" and "after" photos as well as a 250-500 word essay that they are required to submit. We are looking for the most inspirational and motivational stories as to how participants have made a healthy body and life transformation. No matter your size, shape, or fitness level, we invite you to participate in the 2012 TLS Find Your Fit Challenge and prove to yourself and to others that you can succeed!

Who is eligible to participate in the Challenge?

Adults 18 years of age and older, as of their registration date, are eligible to participate in the TLS® Find Your Fit Challenge 2012. Participants in Canada must have legal capacity to enter into contracts by their registration date.

Applicants must be a legal resident of one of the 50 United States, the District of Columbia, or Canada (excluding Quebec).

Participant must be an MA/Shop.com Independent Shop Consultant, Independent Distributor, or Preferred Customer.

Can I participate in the Find Your Fit Challenge if I do not have an active Shop.com PC ID? Having a valid PC ID is a requirement for participation in the TLS® Find Your Fit Challenge 2012. If you are not currently a Preferred Customer, you can get your very own PC ID for free by signing up for one on tlsSlim.com.

I share a Distributor ID or PC ID with a business partner or a spouse. Can we enter the Find Your Fit Challenge together under that ID?

Unfortunately, each individual must have their own Distributor or PC ID to register for the Find Your Fit Challenge. Discuss with your partner who will

be using your shared PC ID or Distributor ID, and have the other person sign up for a free PC ID at tlsSlim.com.

How long is the registration window for the Challenge?

Applicants may register any time between February 2, 2012 and March 1, 2012.

When does the Challenge start and end?

The Find Your Fit Challenge for both the Individual Challenge and the Group Challenge will begin March 5, 2012, and end May 28, 2012. All materials to be judged for the contest are due by June 1, 2012.

Once I register for the TLS® Find Your Fit Challenge, how do I get started?

- 1) Purchase your TLS Weight Loss Solution products (a minimum \$250 in wholesale purchases during your 12-week Challenge period) is required - see official rules and regulations for more details.
- 2) Begin your nutrition and exercise regimen. We recommend that you keep a log of your progress to help with the essay required at the end of the Challenge.
- 3) Prepare your frontal and profile "Before" photos to submit when the Challenge begins.
- 4) Learn how to take accurate measurements for weight, Body Fat percentage, waistline, thigh, bicep, and chest. A physician or TLS Coach or Trainer can help teach you how to take accurate readings.
- 5) Use your TLS team or resources for support. We're here to help you succeed!

Is there a certain product purchase requirement for the Challenge*?

Yes. A minimum purchase of \$250 in official TLS® products is required during the 12-week Challenge period for each contestant.

Is exercise a requirement of the Challenge?

While there are no specific guidelines that define how much each contestant must exercise, TLS Weight Loss Systems isn't a diet; it's a sustainable lifestyle of health. Exercise is an essential part of a healthy lifestyle and fitness. Please consult with a physician and a certified health trainer for the exercise program that suits you best.

I am already in good shape. Am I still eligible to compete in the Challenge?

Yes. The TLS® Find Your Fit Challenge is intended to promote not only weight loss, but also a complete body and life transformation. If this means that your weight stayed the same but your body fat percentage decreased and helped you to achieve other goals, this is just as substantial as a person who loses a large amount of weight in the given time period. The "Before" and "After" photos are 50% of the judging process and the essay makes up the other 50%.

How do I track my progress during the TLS® Find Your Fit Challenge?

Once you register on tlsSlim.com, you will be able to document your weekly weight, BMI, body fat measurements, as well as measurements like waistline, chest, bicep, and thigh measurements on the website.

Although the challenge only requires you enter these fields at the start of the contest and the end to compare and assess your results properly, updating your results can help you (and your Group members) stay focused on your weight loss goals.

If you are unsure how to take these measurements, a physician or TLS Certified Trainer/ Coach can help you accurately measure these figures. Any supplemental information you provide to TLS may be used in the judging process.

Do I have to take a picture of myself in order to compete in the TLS® Find Your Fit Challenge?

Yes, two (2) "Before" and two (2) "After" photos are required for the TLS® Find Your Fit Challenge 2012. Both "Before" photos must be submitted at the beginning of the Challenge to participate.

Can I register for more than one Challenge category?

No. Each contestant is only allowed to enter the Individual Challenge category OR the Group Challenge. Contestants cannot enter in more than one category or participate on more than one team under any circumstances.

How do I find out if I have won the Challenge?

Challenge finalists for the Individual and Group Challenge categories will be notified by Market America on June 18, 2012. Each Winner will be required to verify the acceptance of prize by June 22, 2012. If the Challenge Finalist doesn't respond by the deadline, another winner will be chosen.

Winners will be publically announced on or about August 2nd at Market America International Convention 2012 (MAIC 2012) in Greensboro, NC. The list of winners will also be posted on tlsSlim.com.

Are Winners required to attend MAIC 2012?

No, attending MAIC 2012 is completely optional. Winners will have the option of appearing on stage at Market America International Convention 2012. Stories and photos of the winners and runners up will also be posted on tlsSlim.com

INDIVIDUAL CHALLENGE QUESTIONS:

I'm an Individual Challenger. How do I register for the TLS Find Your Fit Challenge 2012?

- 1) All challengers will need to register for a tlsSlim.com subscription:
 - Sign up for a tlsSlim.com subscription [here](#) (3-month or 12-month subscription).
 - If you are a Shop Consultant, log into [unfranchise](#) to complete your purchase.
- 2) Once you have a tlsSlim.com subscription, you can register for the Find Your Fit Challenge from your Dashboard on tlsSlim.com.
Everyone is responsible for filling out their own registration on tlsSlim.com.
- 3) After you fill out your personal registration, log back in on the first day of the contest, March 5, to upload your frontal and profile "before" pictures, log your measurements, and get ready to lose big!

What prizes can I win as an Individual Challenger?

Individuals will be able to win a **1st** place prize of \$2,500 USD, a **2nd** place prize of \$500 USD, or a **3rd** place prize of \$250 USD.

If the 1st place Individual Challenge winner opts to use the help of a TLS Certified Trainer or a TLS Certified Coach, that Trainer/Coach wins \$500 in cash. Contestants are not required to enlist the assistance of a TLS Trainer, but it is highly recommended.

GROUP CHALLENGE QUESTIONS:

What is a Group Leader?

For challengers who wish to participate in teams, choose one person from your team of 5 who will collect your entry fee and pay \$300 in full on behalf of the team. TLS Weight Loss Solution will check to see if your Group Leader has paid your team's fee. The Group Leader will also need to fill out the PDF to communicate to us who is associated in a group together. Group Leaders will also be responsible for submitting an essay describing the transformation of the group as a whole.

What information will my Group Leader need to collect from me?

If you are not your team's Group Leader, make sure you provide them with your full name, Distributor/ PC ID, e-mail address, and phone number so they can fill out the Group application form in full.

They may also ask for measurement updates and changes in your mood and quality of life. A Group Leader may also wish to coordinate a Group "Before" and "After" picture; although this is not required, it is highly advised.

I'm in a Group. How do I register for the Find Your Fit Challenge?

- 1) All challengers will need to register for a tlsSlim.com subscription:
 - Sign up for a tlsSlim.com subscription [here](#) (3-month or 12-month subscription).
 - If you are a Shop Consultant, log into [unfranchise](#) to complete your purchase.
- 2) **Everyone is responsible for filling out their personal registration on tlsSlim.com:** Once you have a tlsSlim.com subscription, you can register for the Find Your Fit Challenge from your Dashboard on tlsSlim.com.
- 3) **Choose a Group Leader:** If you are participating in a Group, have your team select a Group Leader and give them your full name, e-mail address, phone number, and Distributor/PC ID number.
- 4) **Entry Fee:** Group Leaders should collect \$60 USD from each team member and pay the full \$300 entry fee in full. Make sure your Group Leader has paid the entry fee before submitting the Group Registration PDF.
- 5) **On the Find Your Fit page, Group Leaders should fill out the downloadable interactive PDF for Group Registration.**
 - Download the Group Registration Form, complete it in full, and send it in to us. As soon as we validate your payment and Group member identification, your profiles will be linked with your Group members. Send us your Group Registration by e-mail, fax, or mail:
 - E-mail: findyourfit@marketamerica.com

- Fax: 336-605-0041
 - Mailing address: Attention: TLS Department, Market America, Inc., 1302 Pleasant Ridge Road, Greensboro, NC 27409
- 6) Once you have filled out your personal registration and you have had your Group Leader turn in your Group Registration Application, log back in on the first day of the contest, March 5, to upload your frontal and profile “before” pictures, log your measurements, and get ready to lose big!

What prizes can my Group and I win*?

Groups can win a **1st** prize of \$10,000 USD and a **2nd** place prize of \$2,500 in TLS® merchandise!

*Other rules and restrictions may apply. See official rules and regulations.