**What is The Beachbody Challenge™ Contest?**
It's a health and fitness transformation competition. Share the results you achieve with any Beachbody® program to get a FREE T-SHIRT, and if your results are judged to be the BEST in your age (18–29, 30–39, 40–49, 50+) and gender category, you can win daily, monthly, quarterly and grand prizes that include cash and trips! Contestants are judged on their written answers to essay questions, personal statistics, and transformation photos. In addition, the best "Ultimate Health" transformations achieved through the use of Beachbody nutritional supplements, nutritional products, or nutritional programs (such as Shakeology® or the Beachbody Ultimate Reset®) will ALSO win prizes based on written answers to essay questions and personal statistics.

**Can I win prizes by logging my workouts in the SuperGym®?**
No, as of 9/4/2012, The Beachbody Challenge no longer awards daily prizes through the SuperGym Sweepstakes. Although logging your daily workout(s) in the SuperGym no longer gives you a chance to win a daily cash prize, you can still use it to track your progress, monitor your results and so much more! And don't worry; we're still giving out cash prizes each and every day through a new Daily Contest. To learn more, see below.

**How do I enter the new Daily Contest for a chance to win $500?**
To enter the Daily Contest, submit an entry in The Beachbody Challenge contest at www.TheBeachbodyChallenge.com. You may enter your results once each month (not once each day). Your entry will be considered for a $500 Daily Prize, for a $1,000 Monthly Prize, and (if applicable) a $1,000 Ultimate Health Transformation Monthly Prize.

**How does the new Daily Contest work?**
When you enter your results in The Beachbody Challenge contest, your answers to essay questions and personal statistics will be judged by Beachbody's expert panel of judges based on the criteria described in the Daily Contest Official Rules. You may be selected as a $500 Daily Prize winner based on the inspirational and compelling nature of your story.

**If I win a $500 Daily Prize, can I still win other prizes too?**
Yes! Winners of a $500 Daily Prize are still eligible to win the Daily Prize again, and even bigger and better prizes in the Monthly, Quarterly and Grand Prize Contest.

**Where can I find official rules for The Beachbody Challenge?**
Official contest rules and regulations can be found at the bottom of TheBeachbodyChallenge.com. For a copy of the Official Rules, send a self-addressed stamped envelope to "The Beachbody Challenge" at 3301 Exposition Blvd, 3rd Floor, Santa Monica, California, 90404.

**By when do I have to enter my results?**
Once you have completed at least one Beachbody program, you may enter your results

to The Beachbody Challenge anytime, but keep in mind that a new Monthly Contest period starts and ends with each calendar month, and you can only win a Monthly Contest if you have entered *during that month* (i.e. you can only win an April Monthly prize if you entered during April). So it would behoove you to enter once each month to maximize your chances of winning a Monthly prize.

**Where can I find The Beachbody Challenge?**
The Beachbody Challenge can be found at TheBeachbodyChallenge.com.

**How can I participate?**
There are two options: You can go to TheBeachbodyChallenge.com and either (1) enter your results (by clicking the "Enter My Results" button) for a chance to win cash and prizes, or (2) you can "Take the Challenge" (by clicking the "Take the Challenge" button) with a Beachbody program, and submit your results when you have completed the program.

1) ENTER YOUR RESULTS: Participants must complete the entry form, submit "before" and "after" photos, personal statistics, and answers to the essay questions showing their transformation stories. This puts you in the running for the daily, monthly, quarterly, and grand prizes.

--OR--

2) TAKE THE CHALLENGE: Participants can pick a workout, state their goals, set a target completion date (month, year), and commit to a healthy lifestyle. And, when you have completed the program, enter your results on TheBeachbodyChallenge.com!

**Where can I submit an entry form for The Beachbody Challenge?**
You can access the entry form by clicking on the "Enter My Results" button on TheBeachbodyChallenge.com.

**Who can enter?**
To enter you must be a member of TeamBeachbody.com (Free or Club member), a legal resident of the U.S. (including residents of Puerto Rico, Guam, American Samoa, and the Virgin Islands) or Canada (excluding Quebec), at least 18 years of age, and meet the other qualifications in the Official Rules for each contest.

**How many times can I enter?**
You may enter your results into The Beachbody Challenge contest once each month, until you win a Monthly transformation prize for your age and gender group. However, if you resubmit, we strongly recommend that you update your entry before resubmitting.

**What do I get for participating?**
If you submit a valid transformation story, you will receive a free T-shirt, and you will have a chance to win prizes.

**What kind of T-shirt will I receive?**
The type of t-shirt that you receive depends entirely upon the "Primary Program" that you select on the first page of The Beachbody Challenge entry form. For example, if you select INSANITY® as your Primary Program on your entry form, you will receive an INSANITY T-shirt. If you select P90X® as your Primary Program on your entry form, you will receive a P90X T-shirt. If a program-specific T-shirt is out of stock, or otherwise unavailable, you will receive a navy blue Beachbody T-shirt.

**Why did I get a navy blue Beachbody T-shirt?**
Contestants receive a navy blue "Beachbody" branded T-shirt when a program-specific shirt is out of stock or otherwise unavailable. If you select any of the following programs as your "Primary Program," you will receive a navy blue "Beachbody" branded T-shirt: ChaLEAN Extreme®, Rockin' Body®, P90X® One on One, Turbo Jam (men only), Brazil Butt Lift (men only), Yoga Booty Ballet, Total Body Solutions, Tony & the Folks, and Power Half Hour.

**Is there a limit to the number of free T-shirts that I can receive?**
Yes. Participants are limited to one free T-shirt per participant, per Beachbody program. In other words, if you enter your P90X results for the first time in July, you will receive a free P90X shirt, but if you enter P90X results again in August, you will not receive another free P90X shirt. However, You could hypothetically enter the results that you achieved with a different Beachbody program in August, and in that case you would receive another free t-shirt, the style of which would depend on the program that you select as your "Primary Program" on the entry form.

**When will my T-shirt arrive?**
Once we have received and verified your entry, please allow 4-6 weeks for your T-shirt to arrive in the mail.

**Where's my T-shirt??**
Email us at TheBeachbodyChallenge@Beachbody.com, and we'll let you know.

**How are winners selected?**
**Monthly winners:** Each month, Beachbody will pool all entries received in the prior month. Then, from the pool of entries, Beachbody's expert panel of judges will select one winner from each of the following eight age/gender categories: (male/female: 18–29, 30–39, 40–49, 50+) for that month. Monthly winners are selected based on "before" and "after" photos, personal statistics, and answers to essay questions showing their transformation stories.

**Daily winners:** Beachbody will pool all entries received, and from the pool of entries, Beachbody's expert panel of judges will select one winner for each day. Daily winners are selected based on personal statistics and answers to essay questions showing their

transformation stories. Beachbody will announce one winner on each day between Monday and Thursday. On Fridays, Beachbody will announce three winners—one for Friday, Saturday and Sunday.

**Quarterly winners:** During each quarter, all winners of a Monthly Contest will be automatically entered to compete in the Quarterly Contest during the same quarter in which they submitted their winning monthly entry. Then, from the pool of monthly winners (24 total; 8 winners per month), the Team Beachbody® online community will vote, and the two entries (one male and one female) that receive the highest number of votes will be the Quarterly prize winners.

**Grand prize finalists:** All winners of a Monthly Contest in the Beachbody Challenge (96 total; 8 winners per month) must submit an updated photograph and measurement(s) to enter the Grand Prize Contest. Then, from that pool of monthly winners, Beachbody's expert panel of judges will select the eight finalists – the top male and top female in each of the following categories: (18–29, 30–39, 40–49, 50+).

**Grand prize winners:** Each May, Beachbody will post the grand prize finalists online during a voting period that will last approximately two weeks. Each day during the voting period, the Team Beachbody online community members can vote for their favorite male and female grand prize finalists. This online community vote, combined with the scoring of Beachbody's expert panel, will determine which finalists received the highest overall score and are the grand prize winners.

**How does the Ultimate Health Transformation prize work?**
Each month, Beachbody will pool all entries received in the prior month that includes the use of a Beachbody nutritional supplement, nutritional product, or nutritional program, such as Shakeology or the Beachbody Ultimate Reset. Then, from the pool of those entries, Beachbody's expert panel of judges will select the top male and top female entries and award the Monthly Ultimate Health Transformation Prize. Winners are selected based on their personal statistics and answers to essay questions showing their transformation stories. Monthly winners of the Ultimate Health Transformation prize will receive $1,000. Winning the Ultimate Health monthly prize alone does not enter you into the Quarterly Contest or Grand Prize Contest; however, it does make you eligible for the Ultimate Health Transformation Grand Prize and a chance to win $25,000.

**How do I qualify for the Ultimate Health Transformation prize?**
To qualify for the Ultimate Health Transformation monthly prize, you must meet all eligibility requirements of The Beachbody Challenge and you must select either Shakeology or the Beachbody Ultimate Reset in the “primary program” section of the entry form OR select any Beachbody nutritional supplement, nutritional product, or nutritional program in the “supplement” section of your entry form.

**How do I qualify for the $25,000 Ultimate Health grand prize?**
From the pool of 24 monthly winners of the Ultimate Health Transformation Prize, Beachbody's expert panel of judges will select the top eight (four male and four female). In or around May, Beachbody will post these eight finalists online during a voting period that will last approximately two weeks. Each day during the voting period, the Team Beachbody online community members can vote for their favorite male and female grand prize finalist. This online community vote, combined with the scoring of Beachbody's expert panel, will determine which two entries – one male and one female – received the highest overall score and are the Ultimate Health Transformation Grand Prize winners.

**How does my Coach qualify for the Coach prize?**
When completing the entry form, you will be asked if you want to nominate your Team Beachbody Coach for the role that he or she played in your success. By selecting "Yes," if you win a prize, your Coach will be eligible for the corresponding Coach prize. By selecting "No," your Coach will be ineligible for the Coach prize.

**How will I know if I'm a prize winner?**
All winners will be notified via email and/or phone within two weeks *after* the end of the month in which they entered. These notifications will be made using the contact information provided by the winners on their entry forms.

**Where and when will the prize winners be posted?**
The most recent winners in the Monthly Contest will be posted on TheBeachbodyChallenge.com in the middle of the month immediately following the entry period. For example, the monthly winners from entries received in April will be posted to TheBeachbodyChallenge.com in mid-May. The monthly winners from entries received in May will be posted in mid-June, and so forth. The winners of a prize in the Daily Contest will be posted to the home page of TeamBeachbody.com each day. Quarterly winners will be posted 3 weeks *after* the close of each quarter's online voting period.

**Who can I contact if I have questions about The Beachbody Challenge?**
If you have questions about The Beachbody Challenge, please send an email to: TheBeachbodyChallenge@beachbody.com. Our team of Beachbody Challenge experts is ready and waiting to answer any and all contest-related questions you may have.

**What can I win and how am I eligible?**
**Check out the Official Contest Rules for full details, but here are some brief guidelines.**

1. **Daily prizes:**
   **Details:** Enter the Beachbody Challenge for a chance to win. Winners of a daily prize are selected by Beachbody's expert panel of judges.
   - $500 to one inspirational contestant each day.

2. **Monthly prizes:**
   **Details:** Enter the Beachbody Challenge for a chance to win. Winners of a monthly prize are selected by Beachbody's expert panel of judges.
   - $1,000 to the top transformation in 8 different categories (see above for details). Plus, the Coach of each winner, if nominated, can win $500.
   - $1,000 to the top male and female Ultimate Health Transformation entry each month. Plus, the Coach of each winner, if nominated, can win $500.

3. **Quarterly prizes:**
   **Details:** Winners of a monthly prize (except for Ultimate Health Transformation winners) are automatically entered in the Quarterly Contest. Winners are selected by the Team Beachbody online community vote.
   - $5,000, and a trip to Los Angeles for one male and one female winner each quarter (and they each get one guest).
   - Plus, the Coach of each winner, if nominated, can win $1,000.

4. **Grand prizes—up to $100,000!**
   **Details:** All monthly winners who submit an updated entry with current photo and measurement(s) are eligible to win. Grand prize finalists are selected by Beachbody's expert panel of judges. Grand prize winners are selected by a combination of the vote of the Team Beachbody online community and the scoring of Beachbody's expert panel of judges. For the Ultimate Health Transformation grand prize, Beachbody's expert panel of judges will select the top 8 entries from the monthly Ultimate Health Transformation winners. The Ultimate Health Grand Prize winners (one male and one female) are selected by a combination of the vote of the Team Beachbody online community and the scoring of Beachbody's expert panel of judges.
   - $100,000 to 2 grand prize winners (1 male and 1 female)
     - $20,000 Coach prize, if the Coach is nominated by the grand prize winners
   - $25,000 to 6 grand prize finalists
     - $5,000 Coach prize, if the Coach is nominated by the grand prize finalists
   - $25,000 to 2 Ultimate Health grand prize winners (1 male and 1 female)
     - $5,000 Coach prize, if the Coach is nominated by the Ultimate Health grand prize winners
   - Plus, an expenses-paid trip to the 2013 Team Beachbody Coach Summit in Las Vegas, Nevada for all grand prize finalists and Ultimate Health grand prize winners