THE BEACHBODY CHALLENGE FAQ

What is The Beachbody Challenge™?
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 cash and prizes. In addition, there are BONUS PRIZES for drinking Shakeology®. Contestants are judged on their written success stories, personal statistics, and transformation photos.

How does the new WOWY Supergym® Sweepstakes tie into The Beachbody Challenge? Starting August 1st, only those who are part of The Beachbody Challenge are eligible to win a $500 daily prize in the WOWY Supergym Sweepstakes. So you must commit to get fit, or submit your success story, AND log a work out in WOWY Supergym for a chance at the daily WOWY® prize.

Where can I find official rules for The Beachbody Challenge?
Official rules and regulations can be found 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.

When does The Beachbody Challenge start?
Entries for The Beachbody Challenge will be accepted beginning August 1, 2011. The last day to submit an entry is March 31, 2012.

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) submit your success story for a chance to win cash and prizes, or (2) you can "commit to get fit" with a Beachbody program or otherwise, and submit your results when you are done.

- ENTER YOUR SUCCESS STORY: Participants must complete the entry form, submitting "before" and "after" photos, personal statistics, and their transformation stories. This qualifies you for monthly, quarterly, and Grand Prizes.
- COMMIT TO GET FIT: Participants can pick a workout, state their goals, set a target finish date (month, year), commit to a healthy lifestyle and when completed, let us know the results!

Where can I submit an entry form for The Beachbody Challenge?
You can access the entry form by clicking on the "submit my results" button on TheBeachbodyChallenge.com

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Who can enter?
To enter you must be a member of TeamBeachbody.com (Free or Club member), a U.S. resident, and at least 18 years of age and meet the other qualifications in the official rules.

How many times can I enter?
If you are not selected as a monthly winner, you are eligible to resubmit your entry form for subsequent monthly contests. We recommend that you update your entry form before resubmitting. You are limited to one entry per month.

What do I get for participating?
You will receive a wristband if you commit to get fit. You will receive a free T-shirt if you submit a valid transformation story.

What kind of wristband will I get?
You will receive our special wristband that represents your participation and dedication to get fit and healthy with The Beachbody Challenge.

When will my wristband arrive?
Please allow 6–8 weeks for your wristband to arrive in the mail.

What kind of T-shirt will I receive?
You will receive a program-specific T-shirt when available, and a Beachbody T-shirt when a program-specific T-shirt is not available. 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 Beachbody T-shirt.

Is there a limit to the number of wristbands and/or t-shirts I can receive?
Yes. The limit on wristbands is one per person who commits to get fit. The limit on T-shirts is one T-shirt per person, per program. The only way to receive more than one T-shirt is to submit genuine transformation results for more than one program. For example, let's say you completed 90 days of P90X, and after that, you completed 60 days of INSANITY. You could submit your P90X results in month "A" to receive a P90X T-shirt. Then, in month "B," if your P90X success story was not selected as a winner, you could submit your INSANITY results to receive an INSANITY T-shirt. Resubmitting program-specific results in multiple months, even if modified, will entitle you to only one T-shirt per program.

When will my T-shirt arrive?
Please allow 8–10 weeks for your T-shirt to arrive in the mail.

How are winners selected?
Monthly winners: Each month, winners are selected by Beachbody's expert panel of judges. One winner will be chosen in each age/gender category (male/female; 18–29, 30–39, 40–49, 50+). Monthly winners will be selected based on "before" and "after" photos, personal statistics, and transformation stories.
Quarterly winners: All winners of the monthly contest will automatically compete in the quarterly contest for which they qualify, based on the submission date of their original entry. The quarterly winners will be selected by vote of the Team Beachbody® online community. The Team Beachbody community can vote for one male and one female each day during the voting period. Each quarter, the male and female with the most votes from the Team Beachbody online community will win.
Grand Prize Finalists: From the monthly winners (August 2011 – March 2012), Beachbody's expert panel of judges will select the top male and female in each of the eight age/gender categories (18–29, 30–39, 40–49, 50+).
Grand Prize winners: Each day, during the voting period, the Team Beachbody online community members can vote for their favorite male and female Grand Prize Finalist. This vote, combined with the scoring of Beachbody's expert panel, will determine the Grand Prize winners.

How does the Bonus Shakeology Prize Work?
As a bonus each month, Beachbody's expert panel of judges will select the top male and female Shakeology success story based on personal statistics and transformation stories. Monthly winners of the Bonus Shakeology Prize will receive $1,000. The Shakeology prize is a bonus prize and does not qualify you for the quarterly prize or the $100,000 Grand Prize; however, there will be a $25,000 Shakeology Grand Prize.

How do I qualify for the Shakeology monthly prize?
To qualify for the Shakeology monthly prize, you must meet all eligibility requirements of The Beachbody Challenge, and you must select Shakeology in the primary program section or the supplement section of your entry form.

How do I qualify for the $25,000 Shakeology Grand Prize?
Beachbody's expert panel of judges will select the top 8 Shakeology success stories (four male and four female) from the Shakeology monthly winners. From these eight, one male and one female will be selected as Shakeology Grand Prize winners by the vote of the Team Beachbody online community combined with the scoring of Beachbody's expert panel of judges.

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 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 2 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 monthly winners will be posted on TheBeachbodyChallenge.com, near the bottom of the page. You will also see a link to a complete list of winners. Winners will be posted to TheBeachbodyChallenge.com in the middle of the month immediately following the entry period. For example, the first set of winners, from entries received in August 2011, will be posted to TheBeachbodyChallenge.com in mid-September 2011. The winners from entries received in September will be posted in mid-October, and so forth. Quarterly winners will be posted within 2 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 The Beachbody Challenge experts is ready and waiting to answer any and all contest-related questions that you may have.

What can I win and how am I eligible?

1. **Daily Prizes:**
   Eligibility: You MUST commit to get fit or submit your results **AND** log a workout in WOWY each day for a chance to win that day's $500 prize. Winners are selected at random.
   - $500 awarded daily in the WOWY Supergym Sweepstakes.

2. **Monthly Prizes:**
   Eligibility: Submit your transformation results for a chance to win. Winners are selected by Beachbody's expert panel of judges. You must win a monthly prize to qualify for a quarterly or the Grand Prize.
   - $1,000 to the top transformation in 8 categories each month. Plus, the Coach of each winner, if nominated, can win $500.
   - $1,000 to the top one male and one female Shakeology success stories each month. Plus, the Coach of each winner, if nominated, can win $500.

3. **Quarterly Prizes:**
   Eligibility: Monthly winners automatically enter a quarterly contest. Winners are selected by the Team Beachbody online community vote.
   - $5,000 and a trip to Los Angeles for 2 winners and their 1 guest. One male and one female winner are selected by an online community vote each quarter.

- Plus, the Coach of each winner, if nominated, can win $500.

4. **Grand Prizes – up to $100,000!**
   Eligibility: All monthly winners who submit a current photo 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 Bonus Shakeology Grand Prize, Beachbody will select the top 8 Shakeology entries from the Bonus Monthly Shakeology winners; the Bonus Shakeology Grand Prize winners will be determined from those 8 entries, based on a combination of the vote of the Team Beachbody online community and the judging of Beachbody.
   - $100,000 to 2 Grand Prize winners (1 male and 1 female)
   - $20,000 Coach prize, if nominated by the Grand Prize winners
   - $25,000 to 6 Grand Prize Finalists
   - $5,000 Coach prize, if nominated by the Grand Prize Finalists
   - $25,000 to 2 Shakeology Grand Prize winners (1 male and 1 female)
   - $5,000 Coach prize, if nominated by the Shakeology Grand Prize winners
   - Plus, an all-expense-paid trip to the 2012 Team Beachbody Coach Summit for all Grand Prize Finalists and Shakeology Grand Prize winners