



SugarNation Transformation Challenge
One Winner \$1,000 (cash)

START: 30 OCTOBER 2017
END: 30 JANUARY 2018

90 Day Challenge Participation \$100 (cash)

SUGARNATION TRANSFORMATION CHALLENGE RULES!

THE RULES: NO CANDY, NO CAKE, MUFFINS OR DONUTS, NO CHOCOLATE, NO PASTRIES, NO ICE CREAM, NO DESERTS, NO SODA, NO SYRUP, NO STORE BOUGHT JUICE, NO PROCESSED SUGAR, NO WHITE BREADS, NO BISCUITS OR COOKIES, NO CHIPS, NO FAST FOODS, NO SUGARY DRINKS, NO ARTIFICIAL SWEETNERS, NO SUGAR SUBSTITUTES, NO SUGARY CONDIMENTS (KETCHUP, BBQ SAUCE, SALAD DRESSINGS, ETC) NO REFINED CARBS (WHITE BREADS AND WHITE PASTAS) NO FRIED FOODS and NO WHITE POTATO.

Losing weight to become healthier will never seem easy. Motivating you, supporting you, inspiring you and give you absolutely everything we can to eliminate excuses and finally get Results and Keep your Results.

Completion of this program is determined by **total Body Fat Weight Loss**. This is a more fair comparison than total pounds lost, since heavier persons can safely lose body weight more rapidly. A healthy weight loss is arguably 2.5 lbs. per week.

BodyFat Weight Calculation:

Bodyfat % X Body weight = Bodyfat weight

Bodyfat%15.9% .159 X Bodyweight 165lbs = BodyFat Weight 26.2 lbs.

Fat weight loss should be the result of healthier eating and exercise habits. All participants are on the Honor System and should participate in a healthy and fair manner.

Through our lenses, we are also looking at the whole person or the total person Lowest Body Weight Lost, Lowest Body Fat Weight Loss, Lowest Body Fat Percentage, and the Most Inches Lost.

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SUGARNATION TRANSFORMATION CHALLENGE GUIDELINES:

Prohibited:

Diet pills (Herbal or prescription appetite suppressants, metabolism enhancers) and Water pills (diuretics) unless prescribed.

Please review the program before you begin.

Consult with your Physician before start of this program.

SUGARNATION TRANSFORMATION CHALLENGE WEIGH IN AND BODY COMPOSITION

Week One: First Body Fat Composition Testing is between 25, 26, 27, 28, 30 (**Saturday 28th testing is between 12pm – 3pm**), (**Monday 30th testing is between 6am -7pm**), October 2017, at Physique Refinements Personal Training Studio, You will weigh in, Body Composition Testing and before photo taken. Skin Fold Testing with Calipers in three areas of body; Women: Triceps, Supraliac and Thigh. Men: Chest, Abdominal and Thigh. Girth measurements will be taken.

Week Thirteen: BodyFat Composition Testing is between 24, 25, 26, 27, (**27th Saturday testing is between 12pm – 3pm**), January 2018, at Physique Refinements Training Studio.

Week Fourteen: BodyFat Composition Testing is between 28, 29, 30 (**28th Sunday testing is between 12pm – 3pm**), January 2018, at Physique Refinements Training Studio, 4th ^{and} final weigh in, skin fold tested and girth measurements. Final photo taken!

Join the Private Competition Members Only – SugarNation Transformation Challenge Acceptance page on Face Book; for tips, and updates.

If you are not currently “Terry Ambush” (aka Terry Gatewood) Facebook (FB) friend, please send him a friend request. If you are currently a friend, Terry Ambush will add you to the page.

Team Work makes the Dream Team Work! Keep this page FUN! Positive! Motivating! Inspiring others is Highly Encouraged. Share Group stories that all can benefit from reading.

Nutrition Class Schedule:

Time: 12:00 to 1:00

Location: Physique Refinements Personal Training Studio

Dress: Please bring a lawn chair come as comfortable as you wish to all Nutrition Classes and be clear minded to Hip Pocket Nutrition Training and let's have fun.

Beginning October 28 thru October 30, 2017

- ❖ Members Receives Challenge Guidelines Package.
- ❖ Members Nutrition Handouts (Foods that heals the body), (Water), (Seasoning/Spices/Herbs), (Example six meals a day four day plan), (Cheat day plan), (Fat burning foods), (Colors of fruits and vegetable guide), (Cabbage soup diet)
- ❖ Overview SugarNation Transformation Challenge (Film & Post)
- ❖ Five Group Challenge Games: (Jeopardy One), (Clean Kitchen), (Create a 6 Meal Plan for One Day), and (Create shopping list for the 6 Meal Plan for One Day).

November 4, 2017

- ❖ Create a six (6) meal plan for one day.
- ❖ Create a shopping list for the six (6) meals.
- ❖ Fast foods that work
- ❖ Eating Out and maintaining diet control.
- ❖ How the digestive system works in relationship to weight loss.
- ❖ Explain Cheat Day.

November 18, 2017

- ❖ Sugar 90 Day Challenge Clean Kitchen Game
- ❖ Why are there Piranhas in my body eating my hard earned fresh muscles?
- ❖ Learn secrets to Ketosis.
- ❖ Why eliminate all flour like products?
- ❖ What significant impact does alcohol have in relationship to weight gain?

December 2, 2017

Importance of Water Consumption

11:30am – 12:30pm

Atlanta Water Store (Next door to PR)

425 Buford Highway, Suite 208, Suwanee, Georgia 30024

Good Luck to Everyone!