

# SLIM SIX SURVIVAL OF THE FITTEST

NUTRITION AND BODY FAT LOSS CHALLENGE DESIGNED  
TO MAXIMIZE YOUR FITNESS IN 6 WEEKS.

CHALLENGE KICKS OFF FEB 25<sup>TH</sup>



TEAMS OF 2-4 PEOPLE



ENTRY FEE OF \$300 PER TEAM

## WHAT YOUR TEAM WILL GET:

- 6 GROUP TRAINING SESSIONS
- 3 FOOD JOURNAL REVIEWS
- 6 BODY COMP ASSESSMENTS

WINNERS WILL BE CHOSEN BASED ON A POINT SYSTEM.

TEAM WITH THE MOST POINTS WINS THE  
**CASH PRIZE!**

