



C.L.E.A.N CHALLENGE

50 days | 12 Oct-01 Dec

- Clean** Clean all equipment before & after use
- Lose** Lose an agreed amount of weight, fat % or cm
- Exercise** Complete 50 hours of exercise
- Aim** Reach and agreed Fitness Goal
- Nutrition** Keep a food diary for 21 consecutive days

\$30
to register

Prizes

Complete all tasks to receive either a **Pace towel** **OR** **14 days Membership** to give to a friend **OR** **14 days Membership** to add to your membership

Other

1 x 50 day Membership randomly drawn from challenge finishers

C.L.E.A.N CHALLENGE: Registration Form

Name Mobile.....

Email.....