



Restart “New You Contest” Entry Form

Deadline for submissions will be May 31, 2011 and the winner will be announced June 6, 2011.

Nutrition Solutions staff will evaluate the winner of the contest based on the requirements listed below, as well as the % weight lost over the 9 week period.

Name: _____ Date of Enrollment: _____

Height: _____ Starting Weight: _____ End Weight: _____

Requirements:

Please initial beside each item acknowledging that you were compliant with the guidelines.

_____ I enrolled in the RESTART PROGRAM November 2010 to February 2011

_____ I attended all the weight management classes, appointments, and weigh-ins the past 9 weeks.

_____ I have been compliant with all OPTIFAST program guidelines: kept a food journal, an exercise log, drank 64 oz of water per day, etc.

_____ I have attached an essay about how weight loss has impacted my life, or my weight loss journey. (Limit one page.)

_____ I understand that the prize will be given to one member. The prize presented by Nutrition Solutions will be \$250 and a \$100 OPTIFAST gift certificate.

_____ I understand that if I win the contest, I am consenting for my before and after photos to be used for marketing purposes as Nutrition Solutions sees fit.

Signature: _____ Date: _____

Please turn this in to a Nutrition Solutions staff member when completed.