



*Presents*

# BATTLE OF THE BOXES!

## 28 Day Nutrition Challenge

- Initial Biometric Testing includes Weigh-in, Body Composition Scan, Pictures & Measurements!
- Nutrition Seminar at the gym to kickoff the Challenge
- 4 Weeks of Meal Plans written by a Registered Dietician
- Nutrient Handbook
- Goal Setting
- Weekly e-Mail Tips!
- Performance Tracking
- Final Biometric Testing
- Private FB group w/ all 50 affiliates (thousands of participants) competing in the Battle of the Boxes!

**SIGN UP  
TODAY!!**

**Kickoff Seminar:**

**Saturday, Jan. 21st at 2 PM**

\$69 for Members

\$79 for non-Members

