



Pounds Down Challenge Contestant Application



Presented by Body Evolution Wellness Center
 3934 Murphy Canyon Road, Suite B104, San Diego, CA 92123
 858-571-0160 www.BodyEvolution.org

A full-body photo must accompany your application!
 Selected participants will be notified via phone. Mandatory program orientation will be held prior to the next challenge start date.

Today's Date	Image ID #	Your Name
Complete Home Address		Best Number to Reach You
Email Address		Gender
Current Weight	T-Shirt Size	Current Height
Date of Birth		Occupation

General Info

How did you hear about this program?
Do you have any pre-existing physical or health issues?
Can you commit to a 4-week fitness challenge? Will you have any scheduling conflicts? Will you have any transportation limitations?

A Little About You

Are you a goal-oriented person?	Y	N	Do you embrace physical and mental challenges?	Y	N
Do you take guidance from a teacher or instructor well?	Y	N	Do you have a good family support system?	Y	N
Do you work well with others in a small group setting?	Y	N	Are you ready to make a full-body transformation?	Y	N

Details About You

What are your hobbies/interests?
What are your health goals?
What are your fitness goals?
Have you been on diets before? Were you able to achieve your goal?
Have you been on a fitness program before? Were you able to achieve your goals?
If yes, explain how you were able to meet those goals.
If no, explain what prevented you from meeting your goals.

Continued Next Page ➡

← Continued from Page 1

The Heart of the Matter

If your lifestyle stays on its current course what will you be like a year from now? How about three years from now?

If you had the opportunity to change your lifestyle and its current course, what will you be like a year from now?
How about three years from now?

Tell us why you should be selected to participate in this challenge.

Share the Experience

Is there someone you care for who you think would be a great candidate for this challenge?

If yes, please provide their name and contact information:

The information stated above is true and correct to the best of my knowledge. I understand that submitting an application is not a guarantee of acceptance into the Pounds Down Challenge. I understand this is a reoccurring program and my application will be kept on file and reviewed for candidature during each selection process. I am aware that I may choose to withdraw my application at any time. I am aware that the duration of this challenge is 12 weeks and the fee associated with participation in this program is \$999.00.

Applicant Signature

Print Name