



Terms Of Successful Completion:

Alrighty, time to wrap up the initial 6 weeks and then move on to the next stage. I hope you will agree that this 6 weeks you have learnt more about nutrition and lifestyle than before.... If not let me know, I want to do that programme ;).

Just to make sure you are aware we need to tick all of these boxes below for your successful completion as we outlined at the start of the 6 weeks and that you signed.

You only really need to concern yourself with getting the **red * points** done, I will be checking the rest for you.

- 1. Attend 3 x training sessions per week at Blast Fitness Camps Ltd.** (*Matt or pa will check this on goteamup and/or in facebook group*)
- 2. Stick fully to the nutrition program as set out including our weekly online education videos.** (*Matt or pa to check members area for completion and adherence*)
- 3. Post a photo food diary of what you are eating in our Private Facebook accountability group and also macros after week 1.** (*Matt or pa will check this*)
- 4. Send basic measurements & weight in to the trainer every week as shown** (*Matt or pa will check this via email submission through form*)
- 5. Make us aware ASAP if you need any further assistance**
- 6. Check in on your personal Facebook and Tag 'Blast Fitness Camps Ltd' and Matt Luxton once a week** (*Matt or pa will check*)
- 7. Provide progress photos (full length - one back, one front, one side, both at day 0 and at the end of the 6 weeks) and allow these to be used for promotional purposes. FINAL PHOTOS AND MEASUREMENTS TO BE SUBMITTED WITHIN 1 DAY OF PROGRAM COMPLETION ***
- 8. Make a Video Testimonial at our BLAST HQ, A Google Review and A Facebook Review at the end of the program and allow these to be used for promotional purposes. ***
- 9. Lose either 18 Pounds in Weight OR 6% Body fat. To be measured at Blast Fitness Camps Ltd.** (*Matt or pa will check at weigh in*)
- 10. Complete 3 Weight & body fat measurements at Blast Fitness Camps Ltd 1. Before the program begins, 2. Half way through the program. 3. At week 6. Acknowledge the results as measured determine the completion of the challenge.** (*Matt or pa will check at weigh in*)