The 4-Week New Year Remix Challenge

Fill this out on your phone or computer (or print it), save it and email it to fallremixchallenge1@gmail.com by **Wednesday, December 30, 2026**. We use your answers to set up your nutrition guide.

01 ABOUT YOU

FULL NAME
AGE
DATE OF BIRTH
GENDER (FEMALE / MALE / PREFER NOT TO SAY)
EMAIL
PHONE
INSTAGRAM HANDLE (@)
NAME ON SOUND CHECK APP (IF DIFFERENT)
EMERGENCY CONTACT NAME
EMERGENCY CONTACT PHONE

02 YOUR STARTING POINT

Optional — take these the same morning as your first check-in photos.

HEIGHT
CURRENT WEIGHT
GOAL WEIGHT (OPTIONAL)
BODY FAT % (IF KNOWN)

03 YOUR GOALS

What do you want to change in these 4 weeks? (fat loss · strength · energy · habits · other)

What has stopped you before? What usually gets in the way?

04 FITNESS BACKGROUND

EXPERIENCE LEVEL (BEGINNER / INTERMEDIATE / ADVANCED)
WORKOUTS PER WEEK RIGHT NOW (0 / 1-2 / 3-4 / 5+)
WHERE WILL YOU TRAIN? (GYM / HOME / BOTH)
DAYS YOU CAN WORK OUT

05 HEALTH CHECK

If you answer Yes to any question, check with your doctor before starting the challenge.

Has a doctor ever told you that you have a heart condition or high blood pressure?	Yes / No

Do you feel chest pain, dizziness or lose your balance during exercise?	Yes / No
Do you have a bone, joint or back problem that exercise could make worse?	Yes / No
Are you currently pregnant or less than 6 months postpartum?	Yes / No
Do you have diabetes or another condition that affects how you eat or train?	Yes / No

INJURIES, LIMITATIONS OR MEDICATIONS WE SHOULD KNOW ABOUT

06 NUTRITION

EATING STYLE (NO PREFERENCE / VEGETARIAN / VEGAN / PESCATARIAN / LOW CARB-KETO / OTHER)
FOOD ALLERGIES, OR FOODS YOU WON'T EAT
MEALS PER DAY RIGHT NOW
WATER PER DAY (OZ OR BOTTLES)
HOURS OF SLEEP PER NIGHT
ANY OTHER NOTES

07 COMMITMENT

I've read the Official Rules and signed the waiver. Every week, I commit to logging 3 workouts, posting 2 reels and 2 stories, emailing my screenshots and sending my Monday check-in photos.

SIGNATURE (TYPE YOUR FULL NAME)
DATE

Failure to meet the weekly minimum — workouts, posts or check-in photos — results in disqualification.