SOUND CHECK FITNESS · OFFICIAL RULES

# THE NEW YEAR REMIX CHALLENGE

*No Tricks, Just Results.*

| JAN 4–29 | $30 | $200 | MEAL PLAN |
|---|---|---|---|
| Challenge dates | To enter | Best transformation | Included with entry |

## 01 OVERVIEW

The New Year Remix Challenge runs **January 4 to January 29, 2027**. The member with the best overall transformation wins **$200**.

Every entry includes the New Year Remix meal plan: a carb-cycling plan that works for any food preference. You pick the options that fit you, and the plan guides you from there.

Use the weekend before to get ready: grocery shop from your meal plan on **Saturday, January 2** and meal prep on **Sunday, January 3**, so you start Day 1 set up to win.

## REAL RESULTS

Real participants from a previous transformation challenge. Same rules, same work, real change.
















### YOUR REMIX IS NEXT.

Sign up by Wednesday, December 30. $30 to enter, meal plan included.

## 02 KEY DATES

| DATE | WHAT HAPPENS |
|---|---|
| **Now – Wed, Dec 30** | Registration open ($30) |
| **Sat, Jan 2** | Grocery shopping day: shop from your meal plan |
| **Sun, Jan 3** | Meal prep day: prep your meals for Week 1 |
| **Mon, Jan 4** | **Challenge begins.** Starting check-in photos due |
| **Mon, Jan 11** | Week 2 check-in photos due |
| **Mon, Jan 18** | Week 3 check-in photos due |
| **Mon, Jan 25** | Week 4 check-in photos due |
| **Fri, Jan 29** | Last day of the challenge |
| **Mon, Feb 1** | **Final check-in photos due** |
| **Sat, Feb 6** | Winner announced |

## 03 ELIGIBILITY

To enter and to win, you must:

- Be an active Sound Check Fitness member in good standing from registration through the final check-in
- Use the Sound Check Fitness tracker app for the full challenge
- Meet the weekly social posting requirement (section 05)
- Email check-in photos every Monday (section 06)
- Be 18 or older
- Sign the challenge waiver (last page)

Staff members are not eligible for prizes.

## 04 HOW TO ENTER

**01**
Sign up at the gym or on the Sound Check Fitness website by **Wed, Dec 30**.

**02**
Pay the **$30** challenge fee. Your meal plan is included.

**03**
Sign the waiver on the last page of these rules.

**04**
Email your starting check-in photos on **Mon, Jan 4**.

Late entries are not accepted after Wednesday, December 30.

## 05 SOCIAL POSTING

Every week, post **2 reels and 2 story posts** of your workouts. Tag all three handles in every post:

**@soundcheckfitness** **@stickshiftfitness** **@dathetrainer**

Screenshot each post and email the screenshots to **fallremixchallenge1@gmail.com**. Stories disappear after 24 hours, so screenshot them the same day you post.

## 06 MONDAY CHECK-INS

Check-ins happen every Monday: **January 4, 11, 18 and 25**, with a final check-in on **February 1**. You take the photos yourself and email them in.

**EACH MONDAY**

1. Take your photos in the morning, right after you wake up and before your first meal.
2. Use a mirror and take three photos: front, side and back. In one of the three photos, hold a white piece of paper with that day's date written on it.
3. Wear the same clothes in every check-in.
4. Screenshot the photos and email them to **fallremixchallenge1@gmail.com** the same day.

## 07 SCORING AND JUDGING

The winner is chosen by a 100-point score, so it's about overall transformation, not just the scale.

| POINTS | CATEGORY | HOW IT'S MEASURED |
|---|---|---|
| 50 | **Visual transformation** | Starting vs. final check-in photos, scored by a panel of 3 judges |
| 50 | **Consistency** | Workouts logged in the app, weekly posts and Monday check-ins sent on time |

**WEEKLY MINIMUM TO STAY ELIGIBLE**

- 3 workouts logged in the app
- 2 reels and 2 story posts with all three tags
- Your Monday check-in photos

Missing any of these in a week means disqualification. Tiebreaker: the higher consistency score wins.

## 08 WEEKLY MINI-CHALLENGES

Each week has a bonus challenge. Everyone who completes it is entered in a drawing for a **surprise gift card**, so it doesn't matter how many people finish. Mini-challenges don't affect the main score.

| WEEK | DATES | MINI-CHALLENGE |
|---|---|---|
| 1 | **Jan 4 – 10** | **Opening Act:** log 4 workouts in the app |
| 2 | **Jan 11 – 17** | **Step It Up:** hit 8,000 steps on 5 days (email step screenshots) |
| 3 | **Jan 18 – 24** | **Meal Prep Remix:** post a meal prep reel from your meal plan, tagging all three handles |
| 4 | **Jan 25 – 29** | **Fear No Rep:** work out all 5 days of the final week, Monday through Friday |

## 09 PRIZE

**$200** **Best transformation.**
Announced Saturday, February 6.

## 10 HEALTH, SAFETY AND DISQUALIFICATION

This challenge rewards healthy, lasting change. Talk to your doctor before starting if you have a medical condition, are pregnant, or take medication that affects weight.

A participant may be disqualified for:

- Extreme dieting, fasting, or dehydration tactics before a check-in
- Use of diuretics, laxatives, or weight-loss drugs not prescribed by a doctor
- Falsifying app logs, posts or photos
- Missing the weekly workout, posting or check-in requirements
- Membership lapsing before the final check-in

Sound Check Fitness staff make final decisions on disqualification.

## 11 PRIVACY AND PHOTOS

Your check-in photos stay private. Only the judging panel sees them.

- Check-in photos go only to the challenge email and the judging panel.
- Check-in photos are shared on social media or in the gym only with your written permission.
- Your workout reels and stories are public. You choose what they show, and they never need to include your body or results.
- The app leaderboard shows workout activity only.

## 12 WAIVER AND ACKNOWLEDGMENT

By signing, I confirm that:

- I am an active Sound Check Fitness member and will use the Sound Check Fitness app during the challenge.
- Each week I will post 2 reels and 2 stories tagging @soundcheckfitness, @stickshiftfitness and @dathetrainer, and email screenshots to fallremixchallenge1@gmail.com.
- I will email my Monday check-in photos as described in these rules.
- I take part voluntarily and at my own risk, and I release Sound Check Fitness from liability for injury related to the challenge.
- I have read these rules and agree that staff decisions are final.
- I will not use unsafe methods to change my results.

**Photo sharing:** I give permission to share my check-in photos publicly. ☐ Yes ☐ No

FULL NAME _____ PHONE _____

EMAIL _____ INSTAGRAM HANDLE _____

SIGNATURE _____ DATE _____

**Staff use only** · $30 paid ☐ Meal plan sent ☐ Received by: _____