# The 4-Week New Year Remix Challenge

No Tricks, Just Results. | Send right after each challenger signs up and pays

**Jan 4–29** Challenge dates

**$30** To enter

**$200** Best transformation

**Meal plan** Included with entry

**Subject:** You’re in! Welcome to the 4-Week New Year Remix Challenge

Hey [First Name],

Welcome to the 4-Week New Year Remix Challenge! Your $30 entry is confirmed and you’re officially locked in. The challenge runs Monday, January 4 through Friday, January 29.

### 01 YOUR NUTRITION GUIDE

Registration closes Wednesday, December 30, and your nutrition guide will be emailed to you before grocery shopping day, so you have it in hand when you shop on Saturday, January 2. It works with any food preference. Pick the options that fit you and the guide points you in the right direction.

### 02 HOW WEEK 1 KICKS OFF

#### Saturday, Jan 2 · Grocery shopping day

Use your nutrition guide to plan your meals and hit the grocery store. No workout today.

#### Sunday, Jan 3 · Meal prep day

Prep your meals for the week ahead. No workout today. Set yourself up to win.

#### Day 1 · Monday, Jan 4 · First workout day

Take your starting check-in photos when you wake up, before your first meal, and email them in. Then get your first workout in and log it in the app.

### 03 BEFORE THE CHALLENGE STARTS

- Make sure your waiver is signed (last page of the official rules)
- Download and log in to the Sound Check Fitness tracker app
- Pick the clothes you'll wear for every check-in (same outfit each time)
- Have a white sheet of paper and a marker ready for your date sign

### 04 KEY DATES

| DATE | WHAT HAPPENS |
|---|---|
| Wed, Dec 30 | Registration closes |
| Before Sat, Jan 2 | Nutrition guide emailed to you |
| Sat, Jan 2 | Grocery shopping day (no workout) |
| Sun, Jan 3 | Meal prep day (no workout) |
| Mon, Jan 4 | Day 1: first workout + starting check-in photos due |
| Mon, Jan 11, 18 & 25 | Weekly 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 |

### 05 MONDAY CHECK-INS

Every Monday morning, right after you wake up and before your first meal, take 3 mirror photos: front, side and back. Hold your dated white paper in one of them. Email them to fallremixchallenge1@gmail.com the same day. Your check-in photos stay private and only go to the judging panel.

### 06 YOUR WEEKLY MINIMUM

> **Miss any one of these in a week and you're disqualified:**

- 3 workouts logged in the app
- 2 reels and 2 story posts of your workouts, tagging @soundcheckfitness @stickshiftfitness @dathetrainer
- Screenshots of every post emailed to fallremixchallenge1@gmail.com (screenshot stories the same day, they disappear in 24 hours)
- Your Monday check-in photos

### 07 HOW YOU WIN

The $200 goes to the best overall transformation, scored out of 100 points: 50 for visual

transformation (judged by a panel of 3) and 50 for consistency. Tiebreaker: the higher consistency score wins.

### 08 WEEK 1 BONUS: OPENING ACT

Log 4 workouts in the app by Sunday, January 10 and you’re entered in a drawing for a surprise gift card.

> **Stay focused. Stay disciplined.**
> Let’s get it!

> Questions? Just reply to this email or ask us at the gym.
> **Sound Check Fitness**