THE SCULPTED *vegan*



THE EXTREME BODY MAKEOVER

OVER 40

COMPETITION RULES

WWW.THESCULPTEDVEGAN.COM

THE EXTREME BODY MAKEOVER OVER 40

HOW TO ENTER THE OVERALL COMPETITION

PLEASE NOTE

You do not submit any photos until
THE END OF THE COMPETITION

On both **Saturday, April 13th, 2024**, and **Saturday, September 28th, 2024** at 6 pm UK, we will email you a sign. If you don't have a printer, display the sign on a computer, iPad or phone screen. It must be clearly visible in the photo.

TAKE THESE FOUR PHOTOS:



1.
Front with arms beside your body



2.
Back with arms beside your body



3.
Side facing left with arms straight out in front



4.
Side facing right with arms straight out in front

By 11:59pm (your time zone) on Monday, September 30th, 2024, you will submit your photos for judging.

To do this, download an app that allows you to place the photos side by side such as **Layout** or PicCollage.

Upload your before and after photos to the app and place them side by side with the BEFORE on the left, and the AFTER on the right.









CLICK HERE TO SUBMIT YOUR PHOTOS

DISCLOSURE

When you submit photos for this or any competition, you are giving The Sculpted Vegan and partners express permission to use your photos for promotional purposes. This includes re-posts and re-use of these photos in any and all promotional material pertaining to this competition or any future competitions as well as in any other marketing material. This does not include photos posted in the Private Facebook Group or photos submitted for the monthly drawing. Those photos will always remain private unless you have given us expressed permission.

HOW TO ENTER THE MONTHLY COMPETITION

At the start of each week, we will email you a designated sign.

Take a front facing photo with your arms beside your body. If you don't have a printer, display the sign on a computer, iPad or phone screen. It must be clearly visible in the photo.



Front with arms beside your body

Then every 4 weeks beginning Monday, May 6th, you will upload 4 weekly progress photos to be eligible for the $10,000 monthly prize. **Submit your photos no later than 11:59pm on Monday in your timezone.**

CLICK HERE TO SUBMIT YOUR PHOTOS

COMPETITION UPLOAD SCHEDULE:

Monday, May 6th	Upload weeks 1-4 progress photos
Monday, June 3rd	Upload weeks 5-8 progress photos
Monday, July 1st	Upload weeks 9-12 progress photos
Monday, July 29th	Upload weeks 13-16 progress photos
Monday, August 26th	Upload weeks 17-20 progress photos (Phase 2 Signs Week 5-8)*
Monday, September 23rd	Upload Weeks 21-24 Progress Photos (Phase 2 Signs Week 9-12)*
Monday, September 30th	Upload overall before and after transformation photos (with your FIRST and FINAL sign)

**For simplicity, from week 17 onwards of the program, we updated the weekly signs to say the weeks of the Phase Two shred.*

THE SMALL PRINT (AKA DON'T TRY TO CHEAT)

The Sculpted Vegan **reserves all rights to change how the prizes are awarded if any entrant is suspected of cheating. Photos are monitored closely by our creative team for evidence of photoshopping, and we reserve the right to disqualify the entrant or choose a winner by a different means, even if it means changing the distribution of the prize money, in the event one or more persons are disqualified. Competing simultaneously in a similar body transformation competition will disqualify you from this competition.**

Click here to view the Competition terms and conditions

All other terms and conditions



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