THE SCULPTED *vegan*



THE FREE 5 DAY

MENOPAUSE

FITNESS & FAT LOSS CHALLENGE

COMPETITION RULES

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COMPETITION RULES

To be in with a chance of **winning a $1000 Transformation,** you must complete the following steps.

1. **Monday 14th - Thursday, October 17th,** complete the 15-minute follow-along workout led by Laura. **Attend live, or watch the replay.** During this workout, Laura will reveal a "word". Write this word somewhere safe, either on a piece of paper or in the notes section of your phone.

2. **Monday 14th - Thursday, October 17th,** watch the masterclass led by Kim. **Attend live or watch the replay.** During this session Kim will reveal another "word". Write this word somewhere safe, either on a piece of paper or in the notes section of your phone. The words from each session will form an eight word phrase.

3. In her live session on **Thursday, October 17th,** Kim will also reveal a secret URL where you can upload your eight word phrase. The URL will also be posted in the Facebook group.

4. **Before 11am UK time on Friday, October 18th,** type the correct phrase into the competition entry form to enter the competition. **If you do not type the correct phrase, your entry will not be accepted.**
   The phrase is not punctuation or case sensitive.

5. Attend Kim's live session on **Friday, October 18th at 4pm UK time.** Kim will give access to The Extreme Menopause Body Makeover program to three women who uploaded the correct fitness phrase. **You must attend live.**

PLEASE NOTE

You **MUST** be in attendance live to win the prize. If Kim calls out your name and you do not confirm your attendance by typing in the chat box, she will choose another winner.

DISCLAIMER: ALL DECISIONS FINAL FOR PRIZE DRAWING

By participating in the random drawing for the prize, you acknowledge and agree that all decisions made by the organizers, administrators, or any other relevant parties overseeing the drawing are final and binding. This includes, but is not limited to, decisions regarding eligibility, winner selection, and any disputes that may arise during or after the drawing.

The organizers reserve the right to interpret and apply the rules of the drawing at their sole discretion. Any attempt to influence, manipulate, or challenge the outcome of the drawing may result in disqualification and the forfeiture of any prize awarded.

Participants are encouraged to review and understand the official rules and guidelines provided for the random drawing. The organizers are not liable for any errors, omissions, or technical malfunctions that may occur during the drawing process.

This disclaimer serves as a notice that once the random drawing is conducted and winners are selected, the decisions made are final, and no further correspondence or appeals will be entertained.

Participation in the drawing implies acceptance of these terms and conditions. If you do not agree with any aspect of this disclaimer, it is advised that you refrain from participating in the prize random drawing.

Click here to view the Competition terms and conditions

All other terms and conditions

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