



Transformation Challenge

PARTICIPANT AGREEMENT AND RELEASE FORM

By voluntarily signing up for the Transformation Challenge, you certify that you are physically healthy and have NOT been advised to NOT participate in this challenge by a qualified medical professional, and you are not aware of any condition that you may have that may present a health risk to you if you participate in this challenge. The purpose of this challenge is to encourage participants to achieve and maintain good mental and physical health by changing their body composition through a combination of diet and exercise.

OFFICIAL RULES:

1. The Transformation Challenge runs from **October 19, 2017 to December 18, 2017**. You must complete an initial and final weigh-in on the InBody to be eligible to win. All tests need to be complete and turned in by December 20, 2017, no exceptions. **A picture will be taken** of you for our records on your initial and final weigh-in days.

2. To be eligible to enter: a. You **MUST** register by signing this agreement. b. You **MUST** purchase a minimum of one training session from The Transformation special packages. c. You **MUST** obtain both the initial and final weigh-in by the designated dates listed above. d. You **MUST** use the same height measurement during the initial and final weigh-in. e. You **MUST** take a before and after pictures. f. You **MUST** register by October 23rd.

3. **The MAC will award the prize to the participant, per gender, with the top transformation in body composition.** The winners will be determined by a formula that calculates the change in Lean Body Mass ("LBM") and Fat Mass ("FM"). Loss in LBM and gain in FM are considered negative changes, while gain in LBM and loss in FM are considered positive changes. Each participant's result sheet data will be used to calculate the change in body composition, and the winners will be the male and female with the most positive transformation in body composition. Not all variations in LBM and FM can be automatically calculated. The MAC reserves the right to, at its sole and absolute discretion, review and adjust the formula and any calculations resulting from the application of the formula to more accurately reflect the total change in body composition.

4. The challenge will be separated by gender and thus a first place winner, per gender will receive a prize. If there is a tie for first place, the prize money and the gift card will be evenly divided and distributed to each co-winner.

5. The MAC will notify the winners by the end of the week of the final weigh-in. Winners will be notified via the contact information provided during registration. The winners will then be announced publicly, on The MAC's social media pages.

CONDITIONS:

1. If there is a dispute about the winner(s), The MAC reserves the right to disqualify any or all of the entries submitted from the disputed winner(s), in The MAC's sole and absolute discretion. The MAC reserves the right, in its sole and absolute discretion, to disqualify any participant for the following reasons: not complying with these Official Rules; tampering with the operation of the Transformation

Challenge; engaging in false or deceptive acts; use of any artificial or unhealthy means of alteration in body composition.

2. The MAC is not responsible for technical or communication malfunctions

3. The MAC reserves the right, in its sole and absolute discretion, to cancel, modify, or suspend the Transformation Challenge if it cannot be completed as planned due to technical failures, or other conditions beyond The MAC's control. In such case, The MAC may, at its sole and absolute discretion, select the winner(s) from all eligible entries received unaffected by the problem.

4. CAUTION: Any attempt to deliberately undermine the legitimate operations of The Transformation Challenge may be a violation of criminal and civil laws and should such an attempt be made, The MAC reserves the right to seek damages from the perpetrator to the fullest extent permitted by law.

5. By participating in the Transformation Challenge, the participant hereby agrees to The MAC's collection and usage of the participant's personal information, and acknowledges that the participant has read and accepted The MAC's privacy policy. The participant further agrees to be contacted by The MAC by social media or email regarding the Transformation Challenge.

6. Personal Information Release: By participating in the Transformation Challenge, the participant authorizes the use or disclosure of his/her personal information presented on the InBody result sheet. The participant has the right to withdraw permission for the release of information at any time.

7. Photo Release: By participating in the Transformation Challenge, the participant is granting The MAC the right and permission to take, use, re-use photographic portraits or pictures of him/her or in which he/she may be included, in conjunction with his/her name, or reproductions thereof in color or otherwise, made through any medium at The MAC, and in any and all media now or hereafter known for illustration, promotion, art, editorial, advertising, or any other purpose whatsoever. The participant also consents to the use of any published matter in conjunction therewith. The participant further releases The MAC from any claims for remuneration associated with any form of damage, foreseen or unforeseen, associated with the proper commercial or artistic use of these images unless it can be shown that said reproduction was maliciously caused, produced and published for the sole purpose of subjecting the participant to conspicuous ridicule. The participant acknowledges that the photos were taken in a completely proper and highly professional manner, and this release was willingly signed. The participant certifies that he/she is not a minor, and is free and able to give such consent. The participant agrees to hold The MAC harmless from any and all claims, including attorney's fees, arising out of The MAC's use of any photographic portraits or pictures of him/her submitted by the participant to The MAC.