



WELCOME TO THE BIGGEST WINNER GAME

Welcome to the Biggest Winner Breakthrough Boot Camp! We are excited to work with each of you in the same way that we would with our personal training clients here at Total Customized fitness, LLC. We are passionate about making a REAL difference in people's lives through healthier lifestyles. TCF, LLC customizes fitness plans based on STRUCTURE (work/home schedules, equipment availability, etc.) in order to define realistic goals. And from there we create CONTENT (personal training, fitness programs, nutritional advice) that supports the STRUCTURE. And then, we add in our own brand of MOTIVATION and SUPPORT to help you create a new FOUNDATION that you can sustain on your own for a lifetime of TRUE HEALTH!

The Biggest Winner Breakthrough Boot Camp already specifies the STRUCTURE and will monitor CONTENT based on individual levels, and of course includes our regular BRING IT MOTIVATION! We are adding in a little more motivation by providing the incentive of a **BIGGEST WINNER FULL REFUND** to one individual in the class. We have created a plan that is similar to the famous Biggest Loser show, but our incentives are not just based on weight loss. We will meet with each client at the beginning of the four weeks and establish clear, objective health goals. We will track progression towards those goals based on a "point" system throughout the four weeks.

The point system will track: showing up to boot camp class, *showing up* for your own work out in between classes, *adherence* to your chosen diet and *movement toward* YOUR individual health goals. Since each of you will have different goals the point system must include some subjectivity. But we promise you that we will be as OBJECTIVE as possible! This system recognizes both individual health goals and fosters motivation toward those goals in a group sitting.

If you are ready to bring YOUR PERSONAL BEST and no just bring it but BRING IT, then let the games begin!