

Join our “mission possible” team to win by losing!

How it works:

- You weigh in monthly at fit by design
- We will post the total pounds lost by the team total (your individual results are not revealed)
- We will put \$1 for each team pound in the prize envelope

You will receive a binder which will include:

1. Monthly newsletter filled with fitness and diet tips
2. Goal sheet for declaring your specific goal
3. Recipes
4. Food journal
5. Exercise journal
6. Your personal report card on your progress each month

The program is a year long program to be concluded January 2013.

The person with the biggest percentage of weight loss at the end of the contest will be declared winner of the prize envelope.

Our goal is 1000 pounds lost during this contest with a prize package of \$1,000! How exciting would that be! You will achieve your goal and have cash to use for your new wardrobe!

Cost of this program \$20