NEW YOU 2019 achievement awards

FITNESS FIRST NEW YOU ACHIEVEMENT AWARDS

WE WANT TO CELEBRATE YOUR ACHIEVEMENT!

The Fitness First New You Achievement Awards recognize health and fitness achievements amongst our members. These achievements are grouped into four fitness pillars : ***Wellbeing, Leaner, Stronger and Athletic.***

Open to members with or without Personal Trainers. The overall winner will be awarded during the Gala Night on November 2019.

To enter, simply complete the application form and attach at least three (3) ***before*** *and three (3)* ***after*** *photographs. For assistance, please ask any Fitness First staff who will be happy to help you. We look forward to receiving your stories. Good luck!*

CATEGORY OF YOUR ACHIEVEMENT:

☐ **WELLBEING** ☐ **LEANER** ☐ **STRONGER** ☐ **ATHLETIC**

YOUR PERSONAL DETAILS

First Name: .....

Last Name: .....

Gender: ☐ Male ☐ Female

Occupation: .....

E-mail: .....

Line ID: .....

Mobile number: .....

Your success story period:

from: ..... **to:** .....

Surname: .....

Address: .....

.....

Date of birth: ..../..../.... **Age:** .....

Your home club: .....

Membership number: .....

Date joined Fitness First (mm / yy): .....

Do you have a personal trainer?

☐ Yes, **Name:** ..... ☐ No

Entries close 2 August 2019

FOR OFFICERS ONLY

Name: ..... **Shortlisted :** ☐ Yes ☐ No

YOUR MOTIVATION

Please select which category **best fits your achievement.** If you are not sure which category you fit in please ask any Fitness First Staff for assistance.

☐ WELLBEING	☐ LEANER	☐ STRONGER	☐ ATHLETIC
Have you achieved your goal of fat loss and made a difference in your physical appearance, confidence and well-being as a result of training at Fitness First?	Have you improved your life and used training to help overcome illness, an injury, and operation or reduced your cholesterol or blood pressure?	Have you found a passion for, or excelled in, a new sport or team activity or found support at your club to help prepare for a specific sporting event such as a charity run or marathon?	Have you achieved your goal building muscle mass and made a difference in your physical appearance, confidence and well-being as a resultof training at Fitness First?

Number of finalists and Prizes

- 3 finalists from each category will be selected.
- 12 Finalists will receive 12 month complimentary membership.
- Each category winner will win 25,000 baht cash prize.
- Overall winner will win 50,000 baht cash prize.

YOUR ACHIEVEMENT

Please detail your achievement below, giving as much information as possible.

TM Fitness First

SUMMARY OF ACHIEVEMENT

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	Before		After	
	month / year	Measurement	month / year	Measurement
Weight				
Body Fat (%)				
Muscle (%)				
Muscle Mass				
BMI				

Height (cm.) .....

Chest (inch) .....

Waist (inch) .....

Hip (inch) .....

Arm (inch) Left Arm / Right Arm .....

Shoe size (US only) .....

PLEASE PROVIDE AS MUCH DETAIL AS POSSIBLE WHEN ANSWERING THE QUESTIONS BELOW.

1. How long has it taken you to achieve this goal?

2. What made you decide that you needed to make a change to your life? (Health scare, weight, reaching a landmark, birthday, planning/having children etc.)?

3. Are you now able to pursue any new hobbies or interests as a result of your achievement?

4. What is the best thing that has happened to you as a result of your achievement?

5. What are your goals for the future? Have you now set yourself any new challenges that you would not have considered before your achievement? If yes, what are they?

6. What would you say to those who are experiencing similar challenges that you went through?

FITNESS FIRST'S INFLUENCE

1. Why did you join Fitness First?

2. How many times per week do you visit the club? .....

3. Is there any particular staff who you would like to thank for inspiring and motivating you?

Name ..... Club .....

CRITICAL DATES

- Closing dates for entries: **2 August 2019**
- Success story period: **1 January - 2 August 2019**
- Finalist interview: **6 September 2019**
- Dinner Awards: **November 2019**

Important notes
If the final candidates are not able to attend the interview and Gala dinner, Fitness First reserves the right to eliminate and the candidates will be replaced from the shortlist. This contest is open to members of Fitness First Thailand only.

CHECKLIST

A quick checklist of what you need to submit to validate your application. (Tick all that apply)

- ☐ Fully accomplished and signed application form
- ☐ 3 full body "Before" photographs with dates, your name and club
- ☐ 3 full body "After" photographs with dates, your name and club
- ☐ Copies of supporting documents e.g body composition readings (body fat%, muscle mass etc), body girth measurements, achievement certificates / photographs of medals etc.

***SMS will be sent to members when the application is received**

AUTHORIZATION & AGREEMENT

I understand and agree that, in the event I am chosen as a nominee or winner, I will be need to release my images and story to Fitness First for use in New You related communications materials / media including web and print. All the information stated on this application form and all supporting documents I have submitted are genuine and true to the best of my knowledge.

I will give full cooperation for any related activities such as video and still shot shooting and interview, during pre and post event.

Signed: ..... Date: .....

Please print your name: .....