



# THE FITNESS FACTORY HOLIDAY SURVIVOR TRANSFORMATION CONTEST

Contest starts Saturday, Oct 14 10:00 AM - 4:00 PM

**8-week  
contest**

**Oct 14-Dec 9**

**\$30**

entry fee  
before Oct 7

Entry fee after Oct 7: \$35

**Pedometer  
Activity Trackers**

Available for purchase at  
The Fitness Factory

(Models may vary)



## TWO WINNERS - TWO CASH PRIZES

- 1/2 cash prize: Most fitness points earned
- 1/2 cash prize: Highest % body weight loss

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The **Holiday Survivor Transformation Contest** is about transforming your body and your life through **education, nutrition and fitness**.

This program includes the key factors for success:  
**Motivation, Accountability and Competition!**

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- No membership required. No hidden fees.
- **Point System:** Food Tracking, Daily Exercise, Water Consumption, Pedometer Activity Tracking.
- **What's Included:** Weekly Weigh-ins, Point Tracker Chart, Activity Journal Template, Before-and-After Pictures, Goal Setting and Body Composition (done 2x throughout program).

Sign up today at [fitnessfactorynh.com](http://fitnessfactorynh.com)

401 Main Street / Unit #109  
Salem, NH  
(603) 458-2599  
[fitnessfactorynh.com](http://fitnessfactorynh.com)

**FITNESS  
FACTORY**

