



# 90-Day Healthy Living Challenge Entry Form and Instructions

*Congratulations on choosing to participate in the LurraLife 90-Day Healthy Living Challenge!*

Taking the steps to be healthier is an important decision that can change the quality of your life and that will have a long-lasting, positive impact on your well-being and confidence as well as on those around you. That's why we celebrate everybody's success and why we created a challenge that everyone can win! Over the next three months, you may experience a dynamic whole-body transformation...resulting in a healthier and stronger body, improved mood and motivation, and a more fulfilling lifestyle.

## PRIZES

Participants are paid based on the amount of weight they lose using LurraLife products – up to \$10 per pound lost. Prizes are awarded based on number of pounds lost by the participant during the 90 days of their LurraLife 90-Day Healthy Living Challenge. The maximum prize a participant can earn is \$500.

- Lose 1-19 pounds during your 90-Day Challenge and earn an official LurraLife Challenge t-shirt.
- Lose 20-29 pounds during your 90-Day Challenge and earn \$4 per pound lost.
- Lose 30-39 pounds during your 90-Day Challenge and earn \$6 per pound lost.
- Lose 40-49 pounds during your 90-Day Challenge and earn \$8 per pound lost.
- Lose 50+ pounds during your 90-Day Challenge and earn \$500.

All entry form and eligibility information must be complete and valid in order to qualify for a prize. Prizes will be paid out after the participant's 90-Day Challenge has ended and all their information has been received and processed. (For LurraLife Associates, your prize amount will be paid out with along with your commission check.)

## STEPS

1. Sign up for LurraLife. It's FREE to sign up as a Customer. (Get the sponsor code from the Associate who introduced you to LurraLife.)
2. Fill out and submit the official LurraLife 90-Day Healthy Living Challenge Entry Form. (Download from [www.lurrarife.com](http://www.lurrarife.com). Rules, regulations, and submission instruction are provided on the Entry Form.)
3. Order your LurraLife product(s). (Each participant must have an active LurraLife order for at least one product each month of their 90-Day Challenge.)
4. Take and submit your "before" photos and measurements. (Follow the directions on the Entry Form.)
5. Start your transformation! Use at least one of the LurraLife products for the duration of your Challenge.
6. \*\*\*BONUS\*\*\* Follow our proven exercise plan and nutrition recommendations. Download the LurraLife 90-Day Healthy Living Challenge Guide for FREE from [www.LurraLife.com](http://www.LurraLife.com) when you sign up.
7. Take and submit your "mid-way" photos and measurements. (Follow the directions on the Entry Form.)
8. Take and submit your "after" photos and measurements. (Follow the directions on the Entry Form.)
9. Enjoy your new and improved body and health plus increased energy and confidence! Celebrate your results and keep up the rewarding healthy lifestyle habits you've developed.

## **HOW TO ENTER**

To officially enter the LurraLife 90-Day Healthy Living Challenge, participants must submit a completed LurraLife 90-Day Healthy Living Challenge Entry Form. The form can be downloaded from [www.lurrallife.com](http://www.lurrallife.com) or from an Associate's online Back Office.

Print the forms on plain white paper and fill it out using either black or blue ink. Forms must be completed in English. Incomplete and illegible entries will be disqualified.

Submit the forms either by email to [challenge@lurrallife.com](mailto:challenge@lurrallife.com) with the subject line "90-Day Challenge" OR by mail to LurraLife, c/o 90-Day Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA.

## **SUBMISSION DEADLINES**

Each participant sets their own official "start date" for the LurraLife 90-Day Healthy Living Challenge. Their official "mid-way date" is on day 45 and their official "end date" is exactly 90 calendar days after their start date.

The LurraLife 90-Day Healthy Living Challenge Entry Form has three parts (listed below). All three parts of the Entry Form are required for an entry to be complete and valid. Refer to the directions on each form.

1. Starting Information Entry Form must be completed within 2 calendar days of your official Challenge Start Date. It must be emailed or postmarked on or before your Challenge Start Date AND must be received by the corporate office within 15 days of that date.
2. Mid-Way Information Entry Form must be completed within 2 calendar days of your Challenge Mid-Way Date (day 45). It must be emailed or postmarked on or before your Challenge Mid-Way Date AND must be received by the corporate office within 15 days of that date.
3. Ending Information Entry Form must be completed within 2 calendar days of your Challenge End Date (90 calendar days exactly after your official Challenge Start Date). It must be emailed or postmarked on or before your Challenge End Date AND must be received by the corporate office within 15 days of that date.

## **ELIGIBILITY REQUIREMENTS**

The LurraLife 90-Day Healthy Living Challenge is subject to applicable federal, state, and provincial laws and is void where prohibited.

- Participants must be at least 18 years of age before starting the Challenge.
- Each participant may enter the LurraLife 90-Day Healthy Living Challenge one time.
- Each participant must be signed up as a LurraLife Associate or Customer.
- Each participant must have an active LurraLife product order each month of their Challenge.
- Each participant must use one or more LurraLife products during for 90 days of their Challenge. (We recommend saving your LurraLife receipts as they may be eligible for tax advantages and tax deductions.)
- All three parts of the Entry Form are required for an entry to be complete and valid (i.e., starting form, mid-way form, and ending form).

## **TERMS AND CONDITIONS / DISCLAIMERS**

LurraLife represents extraordinary examples of what can be accomplished through an integrated system of exercise, nutrition, supplementation, and goal-setting. As individuals differ, their results will differ, even when using the same program.

Each participant assumes all risk of injury, harm, or loss of any kind arising from participation in the LurraLife 90-Day Healthy Living Challenge. Consult with your physician or healthcare provider before starting any new exercise, nutrition, or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with strength training, or if you are changing your exercise program, consult with a qualified trainer or coach. Participants expressly release

LurraLife, its distributors and affiliated companies, and the directors, officers and employees of any of them, from all risk, loss, injury, damage, or harm that may arise from participating in the Challenge.

All information and materials submitted on and/or with the LurraLife 90-Day Healthy Living Challenge Entry Form(s) become the sole and exclusive property of LurraLife. Submission of your Entry Form(s) for the Challenge constitutes your express consent and permission for LurraLife, and any of its subsidiaries and affiliated companies, to use your name, photographs, and written responses (in whole or in part) for marketing purposes to promote their products and business, in any media and in any manner whatsoever, without limitation or restriction or further consideration of any kind.

If LurraLife feels a participant is attempting to defraud the company by manipulating weights, photos, or other extremities, LurraLife has the full right(s) to ask for additional documentation, including official medical doctor-verified weigh-ins and measurement, otherwise no prize money will be awarded in such cases. If LurraLife believes a participant is knowingly trying to defraud the company for the prize money, the company will present the case to the "Challenge Committee" for final decision making. The company has full right(s) to revoke that person's entry from the LurraLife 90-Day Healthy Living Challenge and no reimbursement of any kind will be awarded to that individual.

LurraLife is not responsible for internet connectivity, mail delays, misplaced or lost entries. LurraLife 90-Day Healthy Living Challenge participants must notify LurraLife in writing of any change of mailing address, email address, or phone number before-hand.

LurraLife reserves the right to interpret these rules and, if necessary, to amend the rules at its sole discretion and without notice to individual participants. Any amendments to the rules or changes in prizes will be published online in the [www.lurralife.com](http://www.lurralife.com) Back Office and/or emailed to all LurraLife Associates. Rule interpretations and all judging decisions are final.

Submission of your LurraLife 90-Day Healthy Living Challenge Entry Form(s) shall be deemed your acceptance of these Rules and Regulations (as may be amended) and your voluntary transfer to LurraLife of all right, title, and interest, including copyright, of your photographs and written responses.



# Starting Information ENTRY FORM

*\*\*\* Disclaimer: Always consult with a healthcare practitioner before starting any new exercise, nutrition, or diet program or before using any new health supplement. \*\*\**

1. Take your “before” photos. Wear the same outfit in all “before” photos; either wear a swimsuit or form-fitting clothes. All four photos are required: (1) full body shot – FRONT view; (2) full body shot – SIDE view; (3) full body shot – BACK view; and (4) starting weight and date verification. Photo #4 needs to be of you (or just your feet) standing on a scale (with your weight clearly visible) with a national newspaper (with the date clearly visible; the date must be within 2 calendar days of your Challenge Start Date).
2. Take photos documenting your “starting measurements”. Each of these photos must show your applicable body part and a measuring tape, with the measurement number clearly visible. All four photos are required: (1) neck measurement; (2) chest measurement; (3) waist measurement – around the belly button (naval or umbilicus); and (4) hips measurement – the largest part around the butt (rear-end or gluteus maximus).
3. Submit your completed Starting Information Entry Form, four “before” photos, and four “starting measurements” photos. Either email it to [challenge@lurralife.com](mailto:challenge@lurralife.com) with the subject line “90-Day Challenge” OR mail it to LurraLife, c/o 90-Day Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA. Per LurraLife 90-Day Healthy Living Challenge Rules and Regulations, it must be emailed or postmarked on or before your Challenge Start Date AND must be received by the corporate office within 15 days of that date.
4. Start your transformation! Use at least one LurraLife product for the duration of your 90-day Challenge. Each participant must have an active LurraLife order for at least one product each month of their Challenge.

**Please print legibly in blue or black ink. All information is required.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

LurraLife Account Username: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_

Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_ – \_\_\_\_\_ Email Address: \_\_\_\_\_

Challenge Start Date:    /    /    Mid-Way Date (day 45):    /    /    End Date (90 days exactly):    /    /

Starting Weight: \_\_\_\_\_ lbs                      Goal Weight: \_\_\_\_\_ lbs

Which LurraLife product(s) are you planning to use during your 90-Day Challenge? (check all that apply)

O2 Drops®     Thrive®     Dr. Miller’s Detox Tea®     LurraFit™ capsules     LurraFit Coffee™

What are your main reasons for entering the Challenge? What are you aiming to achieve and why?

*If you need more space to write, please continue on the back. We love to hear from you!*



# Mid-Way Information ENTRY FORM

*\*\*\* Each day reaffirm your commitment to get healthier in your mind and in your heart.  
Remember that you and only you have the ability to achieve your goals. \*\*\**

1. Take your “mid-way” photos. Wear the same outfit in all “mid-way” photos; either wear a swimsuit or form-fitting clothes. All four photos are required: (1) full body shot – FRONT view; (2) full body shot – SIDE view; (3) full body shot – BACK view; and (4) mid-way weight and date verification. Photo #4 needs to be of you (or just your feet) standing on a scale (with your weight clearly visible) with a national newspaper (with the date clearly visible; the date must be within 2 calendar days of your Challenge Mid-Way Date).
2. Take photos documenting your “mid-way measurements”. Each of these photos must show your applicable body part and a measuring tape, with the measurement number clearly visible. All four photos are required: (1) neck measurement; (2) chest measurement; (3) waist measurement – around the belly button (naval or umbilicus); and (4) hips measurement – the largest part around the butt (rear-end or gluteus maximus).
3. Submit your completed Mid-Way Information Entry Form, your four “mid-way” photos, and your four “mid-way measurements” photos. Either email it to [challenge@lurralife.com](mailto:challenge@lurralife.com) with the subject line “90-Day Challenge” OR mail it to LurraLife, c/o 90-Day Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA. Per LurraLife 90-Day Healthy Living Challenge Rules and Regulations, it must be emailed or postmarked on or before your Challenge Mid-Way Date AND must be received by the corporate office within 15 days of that date.
4. Continue your transformation! Use at least one LurraLife product for the duration of your 90-day Challenge. Each participant must have an active LurraLife order for at least one product each month of their Challenge.

**Please print legibly in blue or black ink. All information is required.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

LurraLife Account Username: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_

Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_ – \_\_\_\_\_ Email Address: \_\_\_\_\_

Challenge Start Date:    /    /    Mid-Way Date (day 45):    /    /    End Date (90 days exactly):    /    /

Starting Weight: \_\_\_\_\_ lbs    Mid-Way Weight: \_\_\_\_\_ lbs    Goal Weight: \_\_\_\_\_ lbs

Which LurraLife product(s) have you been using during your 90-Day Challenge? (check all that apply)

O2 Drops®     Thrive®     Dr. Miller’s Detox Tea®     LurraFit™ capsules     LurraFit Coffee™

How do you feel about your transformation so far? What has helped you the most?

*If you need more space to write, please continue on the back. We love to hear from you!*



# Ending Information ENTRY FORM

*\*\*\* Enjoy your new and improved body and health plus increased energy and confidence!  
Celebrate your results and keep up the rewarding healthy lifestyle habits you've developed. \*\*\**

1. Take your "after" photos. Wear the same outfit in all "after" photos; either wear a swimsuit or form-fitting clothes. All four photos are required: (1) full body shot – FRONT view; (2) full body shot – SIDE view; (3) full body shot – BACK view; and (4) end weight and date verification. Photo #4 needs to be of you (or just your feet) standing on a scale (with your weight clearly visible) with a national newspaper (with the date clearly visible; the date must be within 2 calendar days of your Challenge End Date).
2. Take photos documenting your "after measurements". Each of these photos must show your applicable body part and a measuring tape, with the measurement number clearly visible. All four photos are required: (1) neck measurement; (2) chest measurement; (3) waist measurement – around the belly button (naval or umbilicus); and (4) hips measurement – the largest part around the butt (rear-end or gluteus maximus).
3. Submit your completed Ending Information Entry Form, four "after" photos, and four "after measurements" photos. Either email it to [challenge@lurralife.com](mailto:challenge@lurralife.com) with the subject line "90-Day Challenge" OR mail it to LurraLife, c/o 90-Day Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA. Per LurraLife 90-Day Healthy Living Challenge Rules and Regulations, it must be emailed or postmarked on or before your Challenge End Date and must be received by the corporate office within 15 days of that date.
4. Prizes will be paid out once your form has been received and processed, including verifying eligibility requirements.

**Please print legibly in blue or black ink. All information is required.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

LurraLife Account Username: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_

Phone Number: ( \_\_\_\_\_ ) \_\_\_\_\_ – \_\_\_\_\_ Email Address: \_\_\_\_\_

Challenge Start Date:    /    /    Mid-Way Date (day 45):    /    /    End Date (90 days exactly):    /    /

Starting Weight: \_\_\_\_\_ lbs    Mid-Way Weight: \_\_\_\_\_ lbs    Ending Weight: \_\_\_\_\_ lbs

Which LurraLife product(s) did you use during your 90-Day Challenge? (check all that apply)

O2 Drops®     Thrive®     Dr. Miller's Detox Tea®     LurraFit™ capsules     LurraFit Coffee™

What had the biggest impact on your results? What are doing to maintain (or continue to improve) your results?

*If you need more space to write, please continue on the back. We love to hear from you!*



## Examples of acceptable photos verifying weight and date.

