



12 WEEK ONLINE TRANSFORMATION CHALLENGE ENTRY FORM

Congratulations on joining the SSN 12 Week Online Transformation Challenge. To get started fill in this Entry Form, take clear, full length photos from front and back (side optional), holding a current newspaper. Process your payment and GET STARTED! You will need to email high res (1MB) photos to andrew@ssnonline.co.za, along with a signed and scanned copy of your entry form, and proof of payment. Alternatively, fax your entry to 031 562 1409.

In order for Andrew to customise an eating, supplementation and training programme specific to your needs and goals, we request that you complete the following:

Name and Surname Age Date of Birth

ID Number

Occupation

Contact details Tel Cell Email

Address

Medication/Other

Injuries / Other

Allergies

Food Likes

Food Dislikes

Current Eating Habits

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Do You Belong to a Gym? Yes No

Current Training Programme (eg. Monday - Shoulders, etc)

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Please select a category under which you will enter the SSN 12 Week Online Transformation Challenge:

Lean Muscle Gains Get Ripped

Get Contest Ready

I have read and acknowledge the Rules and Conditions of the SSN 12 Week Online Transformation Challenge and volunteer to take part in the Challenge. I declare myself to be physically fit to partake in this Challenge, and do so entirely at my own risk. I agree that I have no claim whatsoever against SSN, Andrew Hudson, and Sponsors in respect of an injury which I may suffer arising from my participation.

Signature of Participant Date