



Building On Natural Ability

Presents:

1st Annual - Physique Renovation Calendar Contest

Thank you so much for accepting the challenge of one of the most difficult task in life... "Renovating Your Physique"! While this is a difficult task, this time you will not only be helping yourself, but you will also: motivate others and assist in improving the health of America's Youth.

You will motivate others because this calendar will feature 'before and after' pictures. "A picture is worth a thousand words"; however, your success will also make it worth a thousand pounds. Your work will motivate many others to loose weight and change their lifestyles.

You will help America's Youth, because the proceeds from this calendar will go to attacking one of the most difficult battles of our Great Nation – **Childhood Obesity**. BONA Wellness, in conjunction with BONA Foundation, will fund a 1-year fitness program for 2 under privileged overweight youth in the Houston area with the proceeds from this calendar.

Thanks in advance for you ability to change yourself and your ability to change lives.

Contestant Information

Name: _____

Address: _____

Email: _____

Phone: _____

Age: _____

Signature _____

(Parents Signature if under 18)

Official Use:

Payment Method - \$100 Entry Fee: - Circle One

Check, Master Card, Visa, Amex, Discover, Paypal, Cash, Money Order

Photo 1 Weight: _____ Time: _____

Photo 2 Weight: _____ Time: _____

Photo 3 Weight: _____ Time: _____



Building On Natural Ability FAQ's

What are the Prizes?

- 1st Place - \$1,000, Front Cover of Calendar, Showing In Calendar, Advertisement Showing
- 2nd Place - \$300, Back Cover of Calendar, Showing In Calendar, Advertisement Showing
- 3rd Place - Showing In Calendar, Advertisement Showing
- 4th Place - Showing In Calendar, Advertisement Showing
- 5th Place - 12th Showing In Calendar

Who can enter?

Anyone 13 and Up

How is the contest judged?

The most motivating physique renovation will win. The judges will place the contestants in order of best to worst (1 – 50). Each contestant will accumulate points from each judge. The contestant with the lowest points wins.

Who are the judges?

Everett L – Washington DC
Robin C – Portland, Maine
Marcus M – Little Rock, AR
Keith R – Dallas, TX
Ginger K – Clear Lake, TX
Xavier M – San Francisco, CA

Amy D – Austin, TX
Dr. Dana D – Fort Worth, TX
Jennifer C – Dallas, TX
Jorge V – Houston, TX
Margie R – New Jersey

What is the entry fee?

\$100

When is the entry deadline?

January 9th - No late entry

Where will the photos be taken?

In the upstairs mat room @ BONA Fitness

When will the photos be taken?

January 18th, March 8th, May 3rd

What happens if I miss my photo shoot time?

You will be disqualified if you miss photo shoot 1 or 3. You will get 5 Points added to your total score if you miss photo shoot 2. (Remember, lowest total points – wins the contest.)

Who will take my photos?

A professional photographer

How will I be contacted for my photo shoot time?

Email, phone and text message

Photo sign up will be done in 10 minute intervals. You can sign up by the half hour beginning January 10th.

Who will see my photos during the contest?

Judges, Project Organizers, You

What do I wear for my photo shoot(s)?

Ladies – Tastefully wear attire such as a swimsuit or workout outfit that will show the legs and midsection

Gentleman – Tastefully wear attire such as shorts, swimsuit, or posing trunks that shows the legs and midsection – shirt must be off.

When will the winner be announced?

June 12, 2009

How can disqualification occur?

If any medical procedures to enhance the physique are performed

If any illegal drugs are taking to enhance the physique

If photo shoots 1 or 3 are missed