

Love Yourself Transformation Journey 2

Rules

1. Must be 18 years or older to participate.
2. Transformation Journey runs from Sunday, 06/13/2021 and ends on Sunday, 08/08/2021. You are committing to an 8-week education and wellness journey to become a better version of yourself.
3. Registration is open 05/24/2021 and the last day for registration is 06/10/2021.
4. Entry fee for the Love Yourself Transformation Journey 2 is a \$50 donation to Kristina Conn Foundation. NO REFUNDS will be issued for any reason, no exceptions.
5. Once you have filled out the registration form, you will be emailed an invoice for your entry fee via PayPal. However, you can pay that invoice without a PayPal account by using a credit or debit card. If your payment is not received, you will not be invited into the private Facebook Group and therefore will not be able to participate in the Love Yourself Transformation Journey 2.
6. After your Entry fee has been received, you will receive an email with a link to your assessment questionnaire that must be completed before the start of the journey.
7. After the assessment questionnaire has been completed, you will receive a Facebook invitation to join the Private Facebook group for the Love Yourself Transformation Journey 2. You will receive that invitation a few days before the journey begins.
8. The first day of the Journey is Sunday, 06/13/2021. Sundays are ACCOUNTABILITY days. All participants, regardless of reason for joining the journey, will be required to weight in & measure with a choice to ZOOM in either between 8:00-8:30am or 8:00-8:30pm.
9. ACCOUNTABILITY Sundays (Weigh-ins & Measurements) will be done virtually via Zoom between 8:00-8:30am or 8:00-8:30pm.
10. ZOOM - You will need the Zoom app on your smart phone, iPad, or computer to connect virtually. A link to the ZOOM meeting will be posted in the private Facebook group a few minutes before 8:00am and before 8:00pm. When you click the ZOOM link, you will automatically be placed into a virtual waiting room. The administrator will bring each participant into the live ZOOM room one by one, to virtually weigh-in and measure so no one else will see you. This takes time, so please be patient. When administrator brings you into the live ZOOM room, you will need to give your name, video yourself getting on the scale showing the scales results, then video yourself measuring your waist (again the only person to see you, will be the administrator). Virtual weigh-ins and measurements will be recorded by administrator for proof of accountability purposes and only kept until the end of the transformation journey.
11. Weigh-in & measurements are MANDATORY for ALL participant regardless of reason for being in the transformation journey. If for some reason during the 8-week transformation journey you have an emergency and cannot make a weight-in & measurement on a Sunday, you must reach out to the administrator by the Friday before the scheduled weigh-in to reschedule. If you do not request a reschedule, you will no longer qualify for the weight loss percentage prize. NOTE**Reschedules need to take place by Monday at noon after the original weigh-in, it can be before or after the originally scheduled weigh-in. There is no guarantee that the weigh-in can be rescheduled, it is solely at the discretion of the administrator and their schedule.

12. A scale that shows pounds and ounces is required to weigh in virtually every week on Sundays. The same scale is required to be used every week of the duration of the transformation journey.
13. A flexible tape measure is required to measure your waist virtually every week on Sundays.
14. Weight loss percentage will be used to determine weight loss for the week, using the following calculation: your lbs lost, divided by your previous weight, multiplied by 100 = weight loss %, out to 2 decimals, not rounded. If you are wanting to gain weight, we will use the same calculations.
15. Daily challenges will be posted in the private Facebook group and you are encouraged to participate actively in these Fitness & Wellness challenges. Your participation in these challenges will be used to determine prize winners.
16. Top 5 weight loss percentage progress will be posted in the private Facebook group on Mondays no later than 8pm.
17. You can use any combination of exercise and or diet that you personally choose. Please consult with your own physician before starting any weight loss or exercise program.
18. Final ACCOUNTABILITY Sunday (final weigh-in and measurement) will be Sunday, 08/08/2021 either between 8:00-8:30am or 8:00-8:30pm.
19. WINNERS – Weight Loss % - The person with the biggest percentage of weight loss wins 1st place and the person with the second biggest percentage of weight loss wins 2nd place. The following calculation will be used: your total lbs. lost (6/13 thru 08/08), divided by your first weigh-in weight (from 06/13), multiplied by 100 = total weight loss %, out to 2 decimals, not rounded.
20. WINNERS – Fitness & Wellness % - the person with the biggest percentage of improvements in fitness & wellness categories will win 1st place and the person with the second biggest improvement in fitness & wellness will win 2nd place. The following calculation will be used: add daily category counts from each week, divided by 8 weeks = 8 Week Average. Take each categories 8 Week Averages, minus each categories Assessment numbers = Total Increase in each category. Take each categories Total Increase, divided by each categories 8 Week Average = Total % Increase in each category.
21. In the event there is a tie in any category, we will move the final percentage calculation out to the farthest decimal until we have a winner.
22. Weigh-in clothing – Clothing is MANDATORY. No shoes, no belts, no jeans, and pockets must be emptied. Actual clothing type is optional, but lightweight shorts & t-shirts/tank tops are recommended. If possible, the clothes worn for the first weight-in should be worn for the last weigh-in.
23. We encourage all participants to take a full body "BEFORE" photo and at the end of the 8 weeks take an "AFTER" photo to visually see your improvement. You should try to take these photos in the same clothes and in the same location for best comparison. This is only a suggestion, so you will have a visual of your personal growth and is NOT mandatory.
24. Negativity will not be tolerated during this transformation journey. Positive encouragement should be given and shared with all participants. If you spew hate or negative talk, you will be removed from the private Facebook group and automatically disqualified from the transformation journey, forfeit your entry fee and not be eligible to win any prizes.
25. WINNERS will be announced Monday, August 9th at 8:00pm LIVE either in the private Facebook group or ZOOM (TBD closer to that date).