

Love Yourself Transformation Journey

Rules

1. Must be 18 years or older to participate.
2. Transformation Journey runs from Sunday, 2/14/2021 and ends on Sunday, 4/11/2021. You are committing to 8-week education and wellness to become a better version of yourself.
3. Entry fee of \$50 is required after 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 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 transformation journey.
4. After your Entry fee is paid, you will receive an required assessment questionnaire that needs to be completed. After the assessment questionnaire as been completed you will be invited to join the Private Facebook group for the Love Yourself Transformation Journey once it is live (a few days before the journey begins).
5. NO REFUNDS will be issued for entry fee for any reason, no exceptions.
6. Initial weigh-in & measurement is Sunday, 2/14/2021 either between 10:00-10:30am or 8:00-8:30pm.
7. Weigh-ins & measurement will be done virtually via Zoom which means you will need the Zoom app on your smart phone, iPad or computer. To virtually weigh-in, you will connect to Zoom via the link that will be provided in the Facebook group. Then you will live video yourself, when prompted by administrator, you will give your name then video yourself getting on the scale showing the scales results. Then you will prop your phone or tablet/iPad/computer up and live video yourself measuring your waist. The only person to see you, will be the administrator. Virtual weigh-ins and measurements will be recorded by administrator for informational purposes and only kept until the end of transformation journey.
8. Weigh-in & measurements will be held EVERY Sunday. You have the choice to weigh-in and measure either between 10:00-10:30am or 8:00-8:30pm.
9. 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 cannot make a weigh-in, 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 automatically be disqualified from the weight loss prize. NOTE**Reschedules need to take place by Monday at noon after original 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.
10. A scale that shows pounds and ounces is needed 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.
11. Weight percentage progress for all participants will be posted in the private Facebook group on Mondays by 8pm.
12. 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.
13. 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.
14. Final weigh-in and measurements will be Sunday, 04/11/2021 either between 10:00-10:30am or 8:00-8:30pm, the person with the biggest percentage of weight loss wins 1st place and the person with the second biggest percentage of weigh loss wins 2nd place. The following calculation: your total lbs. lost (2/14 thru 04/11), divided by your first weigh-in weight (from 2/14), multiplied by 100 = total weight loss %, out to 2 decimals not rounded
15. In the event there is a tie, we will move the final calculated weight loss percentage out to the farthest decimal until we have a winner.

16. 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 weigh-in should be worn for the last weigh-in.
17. Upon submitting your Assessment, you will receive an email from info@MyKCF.org requesting a full body "BEFORE" photo. At the end of the 8 weeks we will ask for an "AFTER" photo that should be taken with the same clothes and in the same location as the "BEFORE" (if possible).
18. Daily challenges will be posted in the private Facebook group and you are encouraged to participate. Your participation in these challenges will be used to determine prize winners.
19. 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.
20. WINNERS will be announced Monday, April 12th at 8:00pm LIVE in the private Facebook group.