Welcome to the Challenge

Are you ready for a Total Health Transformation? The TERRAfit 90-day challenge is a 12 week healthy lifestyle contest. Remember that if there is any goal that you want to achieve in your life, whether it is health, fitness, financial or relationship-oriented, caring for your body adds an element of dynamic fuel that brings positive energy to all your other endeavors. This contest is the first step in creating the life you’ve always wanted – and what a fun way to start.

Take some time to read through the contest rules below so you can plan to incorporate all of the elements of this healthy lifestyle program. Commit yourself to the training schedule, and pay attention to what food and nutrition you bring into your body.

To provide you with better support in your lifestyle changes you will be placed in a team of 5 individuals. As an added incentive there are cash prizes for the winners. Cash prizes will be given to individual winners and also winning teams.

The registration fee for the TERRAfit 90-day Challenge is only $25 per person. A large portion of the entrance fee is used towards the prize pools.

How the Team Contest Works

You will have the opportunity to compete with up to 5 friends, or you can be placed in a team of 5 individuals (forming your own team is typically more successful). Not only will you have a blast doing this contest together, but also your team members will become your best support system. They will hold you accountable, keep you motivated and make this challenge fun! Remember, to be eligible for prize money, you must finish the contest with at least 3 active participants to be eligible for contest team prizes.

Team Scoring

Scoring for teams is calculated on an average points per week for a maximum score of 700 (plus weight loss). Inactive players, or players not reporting for the week are excluded from the averages at that time.
(for that week). Any player that updates those numbers at a later time will be automatically recalculated into the weekly points for the team numbers. (See table below for examples)

<table>
<thead>
<tr>
<th>Week</th>
<th>Player 1</th>
<th>Player 2</th>
<th>Player 3</th>
<th>Player 4</th>
<th>Player 5</th>
<th>Average Score</th>
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<tr>
<td>1</td>
<td>700</td>
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<td>750</td>
<td>700</td>
<td>600</td>
<td>820</td>
<td>734</td>
</tr>
</tbody>
</table>

Cumulative Score 2696

*Note that average scores are tallied and summed at the end for the cumulative score. Zero scores are considered an inactive player and therefore, not considered part of the average scores. Note that any point entry is considered an active player, and therefore included in the weekly scores.

**Team Leader**

The team leader is responsible for keeping the team motivated and fully committed to the challenge posting comments, ideas, motivational quotes on team message boards frequently; we recommend at least once a day – this is what helps build team camaraderie and foster positive attitudes of change. Simply put, it is the team leader’s responsibility to help their teammates reach their goals, and win the contest.

Each team must have a team leader. Team leaders should be selected by the group, or appointed by the coach.

**Team Coach**

Each team will have a coach, these are individuals that have previously competed or are currently competing in a TERRAfit challenge, and have taken the training to become a certified TERRAcoach. These coaches will be familiar with the products used in the TERRAfit challenge, they will work with the team leader to motivate teammates, and be an advocate for healthy lifestyle changes. Coaches are an integral part of a team’s success and are eligible for a share of the team and individual winnings.
A coach can and is encouraged to recruit and mentor any number of teams. Coaching more teams improves his/her odds of having the winning team.

The TERRAfit Team will coach teams that are created without a specific coach being identified. Coaches that are participating on a team will not be eligible to receive an additional payout of winnings.

Prize Pools

Prize pools are based on the number of participants in a challenge. The following prizes will be awarded as prize pools:

Less than 1000 participants = Half of the $25 registration will go into the Prize Pool. Referral prize $1,000; Best Before and After $500. The remaining amount will be split 50/50 between the top teams and individuals.

1000- 1,500 participants = $15,000 in prize money; Grand prize of $10,500; Monthly prizes of $3,000, Referral prize $1,000; Best Before and After $500.

1,500 – 2,999 participants = $17,500 in prize money; Grand prize of $13,000; Monthly prizes of $3,000, Referral prize $1,000; Best Before and After $500.

3000+ participants = $20,000 in prize money; Grand prize of $15,500; Monthly prizes of $3,000, Referral prize $1,000; Best Before and After $500.

Team Grand Prizes

Half of the Grand Prize money will be given to the winning teams – Team prize money will be divided equally amongst all players of the winning teams and their coaches. Winning teams will be determined off of this schedule:

Less than 1500 participants = 2 Winning teams; 1st place 65% of pool, 2nd place 35% of pool

1500+ participants = 3 Winning teams; 1st place 50% of pool, 2nd place 30% of pool, 3rd place 20% of pool

How the Individual Contest Works

Even though you have the opportunity to compete as a team, you also have the opportunity to excel as an individual. So, don’t worry if your team isn’t doing so well, it won’t hold you back in the individual competition. Weekly winners have a deadline for reporting by Monday at Midnight MST to be eligible for weekly prizes. If you don’t report your points by Monday Midnight, you can add your points later (up to two weeks later); however, you are not eligible for weekly prizes. Points must be logged into TERRAfit.com to be eligible for the contest.
Individual Grand Prizes

Half of the Grand Prize money will be given to the top individuals with the most points at the end of the Challenge with a portion of their prize (10%) being awarded to their coach. The remaining portion of pool is paid as follows:

Less than 1500 participants = 3 individual winners; 1<sup>st</sup> place 50%, 2<sup>nd</sup> place 30%, 3<sup>rd</sup> place 20%

1,500+ participants = 5 individual winners; 1<sup>st</sup> place 40%, 2<sup>nd</sup> place 25%, 3<sup>rd</sup> place 15% 4<sup>th</sup> place 12%, 5<sup>th</sup> place 8%

*These payouts are subject to change, and will be finalized during the first week of the contest

Cash Prizes will be awarded upon the challenge completion date.

EXAMPLE: Jill wins first place for a prize value of $1500. Jill’s coach will receive $150 the remaining $1350 will be paid to Jill.

Additional Prizes

Monthly Prizes:

Monthly prizes of $1,000 will be awarded to the team with the best team scores for the previous month. This prize money may be given to the same team every month of the contest or may be given to different teams – Cumulative scores do not determine monthly winners.

Weekly Prizes:

Weekly prizes are awarded to the following people: Winning team members for that week, Winning individual for points, and winning individual for weight loss points. These weekly awards are $25 gift certificates to be used online at My Oil Business.

Referral Prize:

As part of the prize money pool, $1,000 will be awarded to the individual who recruits the most participants to join in the challenge. Current and previous participants are eligible to invite friends to join the next challenge. Participants will need to use the “Pay it forward” part of TERRAfit.com and invite individuals by entering their email address in the invite field. You can also earn referrals for
creating private teams that individuals join with a unique 4-digit pin. Winners of the referral challenge will be announced during the challenge, and awarded upon the completion of the challenge.

**Best Before and After:**

At the end of the challenge, participants will be asked to submit before and after pictures. All pictures reviewed will be eligible to be part of our before and after contest, where we will award $500 to the winner. A winner will be selected based on the following criteria: Weight Loss/transformation, and picture quality. These pictures when submitted will become the property of TERRAfit, and can be used for purposes of marketing in any and all forms, including digital and print.

**How the Point System Works**

A total of 700 points per week is possible (not including weight loss or pay it forward points). You earn points based on what you eat, how much water you drink, your exercise, daily challenges and additional bonus opportunities.

**Healthy Foods**

Eating right is a critical part of any healthy weight loss program. Your body needs natural and powerful fuel to burn. You earn 2 points for each serving of healthy food, with a maximum of 20 points in this category per day (Yes, you can have multiple servings of the same healthy food). A list of healthy foods is provided at the end of these instructions.

**Vegetables**

Your parents were right. Vegetables ARE good for you, so you earn an extra 10 points if you have 4 or more servings of vegetables in a day. These 10 points are “all or nothing”. Eat at least 4 servings and you get 10 points, anything less and you get nothing. Yes, these points are in addition to points you earn for choosing a healthy food. So, if you eat a serving of broccoli, you get 2 points for choosing a “healthy food” and if you eat 3 more servings of vegetables you also earn 10 extra points.

**Unhealthy Foods**

You won’t reach your goals by working out if you eat the wrong foods. You will lose 2 points for each serving of unhealthy food. BE CAREFUL; don’t get carried away, because there is NO LIMIT to how many points you can lose each day. A list of unhealthy foods is provided at the end of these instructions. HOWEVER, you get one FREE MEAL each week without having to lose points. A FREE MEAL consists of a maximum of 4 servings of unhealthy food eaten as part of a single meal.
6 Small Meals Rather than 3 Larger Meals

Eating smaller meals more regularly helps keep your metabolism going and helps to release fat. You earn 5 points for eating 6 small meals rather than 3 larger meals. So, plan ahead and always have some healthy food handy.

Neutral Foods

Foods not listed on the “healthy” or the “unhealthy” lists are neutral foods, and therefore do not add or subtract points for your daily points.

Not eating after 8pm

It isn’t good for your body to eat late. So get in the habit of eating earlier. You earn 5 points if you don’t eat anything after 8pm.

Water Consumption

Choosing water instead of juice, soda, colas, sports drinks, alcohol, etc helps speed up your metabolism; and can save you 240 calories or more each day. You earn points based on how much water you drink each day.

If you drink 40 oz: You earn 4 points
If you drink 48 oz: You earn 6 points
If you drink 56 oz: You earn 8 points
If you drink 64 oz: You earn 10 points

Exercise

We know that the length of time we exercise has a direct impact on how many calories we burn – and thus, how much fat we lose. You earn 20 points if you exercise for at least 30 minutes each day. If you can carry on a conversation while you are exercising, then you aren’t working out hard enough. To earn your 20 points for exercising you must be out of breath enough during your workout that you can’t carry on a conversation.

Bonus Points for Following the TERRAfit workout schedule

The TERRAfit Workout incorporates a unique 4x4 Interval System combining lean muscle strength training with High Intensity Interval Training (HIIT) – which can help you burn up to 9-times the fat and calories of a traditional cardio workout by helping your body continue to burn calories even after the workout. When you engage in brief periods of strenuous exercise, our bodies can’t bring in enough oxygen. This creates an oxygen deficit. Our body then engages in Excess Post-Exercise Oxygen Consumption (EPOC). EPOC is directly correlated to the intensity of your workout session. The more
intense the workout, the more calories your body will burn after the workout has ended. The calories continue to burn until your body returns to the state it was in before you started working out.

So, you earn 10 bonus points if you use the TERRAfit workout and follow the TERRAfit workout schedule as your exercise routine. Proper warm up and cool down are important to any workout program so you must complete the entire workout including warm up and cool down to earn these 10 extra points. For example: if you are following the TERRAfit program you only need to do the workout that is on the TERRAfit schedule in your workout guide. You’ll receive 20 points for working out and 10 points for following the TERRAfit program with a total of 30 points per day.

Rest Days

Wednesdays and Sundays are your rest days from exercise if you are using the TERRAfit workout or any other exercise program; please take a rest because your body needs it. Don’t worry you will automatically get 30 points even though it is a rest day. Be sure to give yourself the 30 points allotted for exercising on Wednesday and Sunday even though it is a rest day by indicating that you have worked out and you have completed the bonus TERRAfit workout.

Bonus points for using doTERRA product:

Everyday you are eligible to earn an additional 10 points by using doTERRA’s product lineup of weight loss and essential oil supplements. You can use any or all of these products; however, you will receive points for using only two products per day 5 points per product. You can choose from any of these products listed below:

**Bonus for Using Slim & Sassy**

Can’t resist those mid-day munchies? The doTERRA Slim & Sassy blend of essential oils is designed to help manage appetite between meals. It will help manage hunger, boost your metabolism and lift your mood. You earn a bonus points if you add 3-5 drops of Slim & Sassy to a glass of water at least 3 times in a day.

**Bonus Points for replacing a meal with TrimShake**

TrimShake is a convenient and delicious shake mix that provides essential nutrients. When two scoops are combined with one cup of non-fat milk, this shake contains only 240 calories. Two scoops of TrimShake provide important amino acids to help prevent deterioration of muscle mass and improve muscle tone during exercise. You earn bonus points if you replace one of your meals with TrimShake.

**Bonus Points for Using Lifelong Vitality Supplements**

The doTERRA Lifelong Vitality supplements are formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. Coupled with doTERRA CPTG Certified Pure Therapeutic Grade essential oils, the Lifelong Vitality pack will support your exercise and
wellness efforts. You earn bonus points if you use the Lifelong Vitality supplements as directed on the package.

**Bonus Points for Using Lemon Essential oils in Your Water as a Detox**

Lemon essential oil dissolves petrochemical toxins. When 3 drops of Lemon essential oil are added to a glass of water it will help your body detox. You earn bonus points when you add 3-5 drops of Lemon essential oil to your water at least three in a day.

**Bonus Points for Using Mito 2 Max**

Mito2Max supports healthy mitochondrial function and aerobic capacity, and improves stamina naturally without the use of harmful stimulants. Use Mito2Max as a healthy long-term alternative to caffeinated drinks and supplements for increased energy and vitality.

**Bonus Points for Using Deep Blue, Peppermint or Breathe**

Essential oils are a great way to help you have optimal health and support your exercise and wellness efforts. For instance Peppermint essential oil invigorates the lungs and helps cool the body, so breathing it in before a workout or applying a couple drops topically on the back of your neck during a workout can be very refreshing and invigorating. doTERRA’s blend of essential oils called “Breathe” also invigorates the lungs. Deep Blue is a blend of essential oils that provides comfort to occasionally tired and sore joints and muscles.

You earn bonus points for using any of these three products throughout the day. If you have any questions about how to use essential oils your coach is your primary point of contact.

**Bonus Points for Completing the Daily Challenge**

Each day, you will be given a simple Daily Challenge. Your challenge will be posted Daily to your TERRAfit app under the “daily challenges and more” tab. Be sure to check your TERRAfit app each day and complete the Daily Challenge to earn 10 bonus points.

**Weekly Points for Weight Loss**

You earn points once per week based on how much weight you lose that week. An accurate way to calculate this is based on your beginning weight.

1. **STEP 1:** Weigh yourself right when you get up in the morning (after you go to the bathroom) **every Monday** using the same scale.

2. **STEP 2:** Calculate **WEIGHT ON PREVIOUS MONDAY — CURRENT WEIGHT**. This is your **WEIGHT LOST THIS WEEK**

3. **STEP 4:** Calculate your **WEIGHT LOSS POINTS** using the following formula (when you have decimals, simply round to the nearest point):
WEIGHT LOST THIS WEEK ÷ WEIGHT ON PREVIOUS MONDAY x 3000 = WEIGHT LOSS POINTS

For example if Melanie weighs 153.4 lbs on the morning of Monday May 19th, and on Monday May 26, she weighs 151.2 lbs then the calculations are as follows:

WEIGHT LOST THIS WEEK  = 153.4 lbs – 151.2 lbs
                        = 2.2 lbs

WEIGHT LOSS POINTS      = 2.2 lbs ÷ 153.4 lbs x 3000 = 43.02 points => 43 points (rounded)

Then on June 2, if Melanie weighs 149.8, the calculations for that week are as follows:

WEIGHT LOST THIS WEEK  = 151.2 lbs – 148.8 lbs
                        = 2.4 lbs

WEIGHT LOSS POINTS      = 2.4 lbs ÷ 151.2 lbs x 3000 = 47.62 points => 48 points (rounded)

*Weight Gain does not count against you for a loss of points; however, additional weight loss points cannot be earned until you drop below the lowest recorded weight during your challenge.

Previous TERRAfit Challengers

Previous participants in the TERRAfit challenge will be required to use their lowest recorded weight loss from their previous challenge plus a variance of 3%. Therefore, weight loss will not count for towards challenge points until you are within the 3% variance of your lowest previous weight. Example: Joe participated in a previous challenge and recorded a low of 200 pounds. Joe starts another TERRAfit challenge and his newest beginning weight is now 220 pounds. Joe will not gain weight loss points for his new challenge until he is within 3% of his lowest recorded weight (200 pounds); therefore his points will start once he is below 206 pounds.

Bonus for “Paying it Forward”

When you do your best during the TERRAfit 90-day Challenge you will look and feel great. People will notice and you will naturally want to share your success with others. We want to reward you for helping others join the Challenge (a new Challenge starts every month). You earn 10 bonus points for every person that you refer who joins the Challenge. For the duration of the entire Challenge, you can earn a maximum of 100 points for “Paying it Forward” during the challenge. Simply go to TERRAfit.com and follow the steps to refer a friend, pay it forward points will be added to your overall score in the week that it was accrued. That means that your points are added real time. (They are not added to your weekly score just over score).

Bonus for Class Points
Throughout the challenge, there will be opportunities to hold special incentives to invite others to classes or participate in a TERRAfit challenge. These classes will allow you to accumulate an additional 5 points per person in attendance up to 50 points total. Class points will be added to your overall score in the week that it was accrued. That means that your points are added real time. (They are not added to your weekly score just over score).

### Quick Reference Point Chart

<table>
<thead>
<tr>
<th>Description</th>
<th>Points</th>
<th>Maximum Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Food (See list of Healthy Foods below)</td>
<td>2 points per serving</td>
<td>Maximum 20 points/day</td>
</tr>
<tr>
<td>At least 4 Servings of Vegetables in a day</td>
<td>10 points (all or nothing)</td>
<td>10 points/day</td>
</tr>
<tr>
<td>Unhealthy Food (See list of Unhealthy Foods below)</td>
<td>-2 points per serving</td>
<td>Unlimited Negative Points/day</td>
</tr>
<tr>
<td>6 Small meals (rather than 3 larger meals)</td>
<td>5 points (all or nothing)</td>
<td>5 points/day</td>
</tr>
<tr>
<td>Not eating after 8pm</td>
<td>5 points (all or nothing)</td>
<td>5 points/day</td>
</tr>
<tr>
<td>Water Consumption</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 points if you drink 40 oz.</td>
<td></td>
<td>10 points/day</td>
</tr>
<tr>
<td>6 points if you drink 48 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 points if you drink 56 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 points if you drink 64 oz.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise at least 30 minutes per day</td>
<td>20 points (all or nothing)</td>
<td>20 points/day</td>
</tr>
<tr>
<td>Bonus for following the TERRAfit workout schedule</td>
<td>10 points (all or nothing)</td>
<td>10 points/day</td>
</tr>
<tr>
<td>Bonus for using Slim &amp; Sassy</td>
<td>5 points</td>
<td></td>
</tr>
<tr>
<td>Bonus for replacing a meal with Trim Shake</td>
<td>5 points</td>
<td></td>
</tr>
<tr>
<td>Bonus for using Lifelong Vitality Supplements</td>
<td>5 points</td>
<td></td>
</tr>
<tr>
<td>Bonus for adding Lemon oil to water for detox</td>
<td>5 points</td>
<td></td>
</tr>
<tr>
<td>Bonus for using Breathe, Peppermint, Deep Blue, or other essential oils</td>
<td>5 points</td>
<td></td>
</tr>
<tr>
<td>Daily Challenge (given through the web app)</td>
<td>10 points (all or nothing)</td>
<td>10 points/day</td>
</tr>
<tr>
<td>Weekly Points for Weight Loss</td>
<td>See formula above</td>
<td>Unlimited Points/WEEK</td>
</tr>
<tr>
<td>Bonus for &quot;Paying it forward&quot;</td>
<td>10 points per referral</td>
<td>100 points TOTAL</td>
</tr>
</tbody>
</table>

**Total Maximum Possible Points per Day (not including Weight Loss or Pay it Forward Bonus)** 100

### Healthy Food List

#### Vegetables (Fresh* or frozen)

- Artichoke
- Arugula
- Asparagus
- Basil
- Beets and beet greens
- Bell peppers (green, red, orange, yellow)
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Collard greens
- Cucumbers
- Eggplant
• Fennel  
• Garlic  
• Ginger root  
• Green beans  
• Green peas  
• Herbs, all culinary herbs  
• Jicama  
• Kale  
• Leeks  
• Mushrooms, crimini  
• Mushrooms, shiitake  
• Mustard greens  
• Olives  
• Onions  
• Parsley  
• Peppers, Hot  
• Potatoes  
• Radish  
• Rhubarb  
• Romaine lettuce  
• Shallots  
• Spinach  
• Sea vegetables (kelp, nori, dulse, wakame, spirulina, etc.)  
• Squash, summer (all varieties)  
• Squash, winter (all varieties)  
• Sweet potatoes  
• Swiss chard  
• Turnip greens  
• Watercress  
• Yams  
• All other vegetables not listed

*BEST OPTION

Fruits (Fresh* or frozen, or only bottled in water, no sugar)

• Apples  
• Apricots  
• Avocados  
• Bananas  
• Blackberries  
• Blueberries  
• Cantaloupe  
• Coconut (unsweetened)  
• Cranberries  
• Figs  
• Grapefruit  
• Grapes  
• Kiwifruit  
• Lemon/Limes  
• Mango  
• Olallieberries  
• Oranges  
• Papaya  
• Peaches  
• Pears  
• Pineapple  
• Plums  
• Pomegranate  
• Prickly Pear (cactus fruit)  
• Raspberries  
• Star fruit  
• Strawberries  
• Tomatoes  
• Watermelon  
• Other whole fruits not listed  
• (unsweetened dried varieties in small amounts)

*BEST OPTION

Seafood, Wild caught (If canned, packed in water, not oil)

• Cod  
• Halibut  
• Salmon  
• Sardines  
• Scallops  
• Shrimp  
• Tuna  
• Other small fresh water fish
Nuts & Seeds (Low sodium variety)

- Almonds
- Brazil nuts
- Cashews
- Chia seeds*
- Flaxseeds*
- Hazelnuts
- Hemp seeds*
- Macadamia nuts
- Peanuts

*SUPER FOOD

Beans & Legumes (whole or dried or low sodium canned)

- Adzuki beans
- Black beans
- Cacao beans (includes powdered cacao)*
- Dried peas
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Lima beans

*SUPER FOOD

Poultry & Meats (Preferably RBST Free, grass-fed/cage free)

- Beef
- Bison
- Chicken
- Deer
- Elk
- Lamb
- Turkey

Eggs & Dairy (Preferably RBST Free, grass-fed/cage free)

- Cheese, Mozzarella* (small serving of other varieties)
- Cottage cheese
- Cow's milk
- Eggs, egg whites, boiled, etc.
- Goat Milk
- Kefir (make sure it has less than 20 grams carbs per serving)
• Yogurt (plain Greek*, less than 20 grams carbs per serving)

*BEST OPTION

Grains (Preferably Non GMO)

• Barley
• Brown rice
• Buckwheat
• Corn on the cob
• Millet
• Oats (whole, rolled, steel cut)
• Quinoa

• Rye
• Whole wheat
• Whole grain hi fiber cereal, pasta, bread, crackers, tortillas, etc. (no more than a fist size per serving)
• Other natural whole grains not listed

Miscellaneous foods (on the Healthy list)

• Alternative milks: almond, oat, rice, hemp, coconut (no sugar added)
• Apple cider vinegar*
• Herbs, culinary herbs (thyme, sage, basil, parsley, rosemary, etc.)
• Kombucha* and other fermented drinks (low sugar)
• Local Raw Honey (1-2 tbs.)
• Juice, raw vegetable/greens* and fruit (drink within 20 minutes of juicing)
• Maca root powder* (1-3 tsp. gives vitality, energy and hormone balancing)
• Oils: olive, coconut, avocado are all good. (use in small amounts 1-2 tbs. per serving)
• Popcorn, air popped with low oil and salt
• Protein/meal replacement bars (no more than 25 carbs unless there is 10+ grams of fiber)
• Protein/meal replacement powders (no more than 25 carbs unless there is 10+ grams of fiber per serving)
• Salsa, low sugar/sodium (preferably fresh)

*SUPER FOOD

Unhealthy Food List

• Alcohol (ALL KINDS)
• Artificial colors, sweeteners and flavors (sucralose, aspartame, acesulfame-k, etc.)
• Bagels, crumpets, English muffins, etc.
• Candy (all kinds)
• Cream (includes whip cream)
• Dressings, hi-fat, ranch, Caesar, blue cheese, etc.

• Hi fat/sodium meats (bacon, sausage, peperoni, lunch meat etc.)
• High Fructose Corn Syrup
• Ice cream and frozen yogurt (all kinds)
• Margarine and shortening
• Mayonnaise and miracle whip
• Monosodium Glutamate (MSG)
• Oils: canola, vegetable (soy oil), hydrogenated oils, palm oil, etc.
• Pastries (doughnuts, croissants, pie crust, etc.)
• Preservatives, all kinds (BHT, sulfates/sulfites, potassium sorbate/benzoate, TBHQ, etc.)
• Processed carbohydrates (crackers, chips (all kinds), cookies, etc.)
• Processed meats (hot dogs, Vienna sausage, spam, etc.)
• Processed store bought juice (all kinds)
• Sauces, hi-fat and sodium variety

• Soda, all kinds (this includes diet and natural varieties)
• Sugar (includes evaporated cane juice and alike)
• White rice
• White bread and bread foods, rolls, breadsticks, pizza crust, etc.
• White flour from grains and starches (this includes gluten free varieties). This does not include “meal” like almond or other nut meal because it still has protein, fats and fiber.

All other foods not listed are considered neutral. Here are just a few to consider:

• Hormone free butter (small amounts because it has a high Caloric density)
• Low fat/sugar dressings (vinegar and olive oil based, no ranch, etc.)
• Mustard and low sugar ketchup
• Natural Sweeteners: Agave Nectar, grade b maple syrup, raw coconut sugar and other unprocessed sweeteners, etc. (used in small amounts 1 tbls. Max, because all sweeteners will digest quite quickly, increasing blood sugar levels)

Contest Eligibility

Contestants must be 18 years of age or older. Participants are ineligible and forfeit their entrance fee, and all rights to prize money if it is found that they have used other means of weight loss, including but not limited to: Gastric bypass, lap bands, liposuction, laser lipo, HCG or other extreme diet programs that require specific supplements to be taken or surgery performed. Participants that have had any surgical procedures done within two (2) years of starting the challenge are ineligible for any winnings, contestants may still participate, but will forfeit any winnings. Participants are encouraged to use doTERRA products, including oils, trim shake, and slim and sassy; however, these products are not essential to compete in this event. Participants will be required to take a “before” picture when beginning the TERRAfit challenge. This picture must be taken within three days before the contest starts or 3 days after starting example: contest starts on May 5, pictures must be taken between between May 2nd (three days before) and May 8th (three days after). These pictures will not be asked for from anyone except the winning teams and individuals as proof of a successful program. These pictures will not be used publicly without express written consent. NOTE – Pictures must contain photographic evidence of the time the picture was taken examples could include: A date stamp on a phone or mobile device,
newspaper or other daily periodical included in the photo with the contestant, postal deliveries with a date stamp, or visit http://www.timeanddate.com/, and select your time zone to show in your background picture. Participants are encouraged to seek the advice of medical professionals before beginning or changing an exercise and diet program

TERRAfit Trade Mark:

The TERRAfit logo is a registered mark, and cannot be used without the express written consent of TERRAfit LLC. This includes but is not limited to online advertising, any digital or printed material. To apply for rights, please email our staff at service@terrafit.com.

Return Policy:

TERRAfit is a sweepstakes style contest, and therefore, will not allow refunds for contest participation after 1 week of the contest beginning. Players will need to submit a request in writing via email to TERRAfit by the first Sunday following the start of the contest, before 12:00 am (midnight) MST. Any and all players, who do not submit a request to have their refunds issued before that time, are considered permanent players and therefore, have committed their entry fee to the prize money pool.
Eating right is a critical part of any healthy weight loss program. It doesn’t do any good to have an intensive workout if you don’t eat the right foods. Your body needs natural and powerful fuel to burn while you work out. In order to lose/maintain weight, you need proper portions of different types of foods.

Use the table below as an easy portion reference – all you need is your hand!

**Serving Size** | **Target Food Groups**
--- | ---
Circumference and thickness of hand spread (or more) | High-water content, whole, fresh fruits and vegetables.
Volume of clenched fist | Complex carbs & whole grains, Legumes & vegetable proteins, Starchy fruits & vegetables
Circumference and thickness of palm | Low-fat animal proteins, Protein-rich nuts & seeds
Diameter and thickness of thumb (or less) | Simple sugars, Dressings & spreads, Desserts

**Fat Loss Accelerators**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Sugg. Hour</th>
<th>Time Spacing</th>
<th>Tips*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>7:00am</td>
<td>Within hour of waking up</td>
<td>LLV S&amp;S (opt.)</td>
</tr>
<tr>
<td>Substitute with TrimShake</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>10:00am</td>
<td>2-3 hrs. after breakfast</td>
<td>S&amp;S</td>
</tr>
<tr>
<td>Lunch</td>
<td>12:30pm</td>
<td>2-3 hrs. after snack</td>
<td>LLV S&amp;S (opt.)</td>
</tr>
<tr>
<td>Substitute with TrimShake (opt.)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>3:00pm</td>
<td>2-3 hrs. after lunch</td>
<td>S&amp;S</td>
</tr>
<tr>
<td>Dinner</td>
<td>5:00pm</td>
<td>2-3 hrs. after snack</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>7:00pm</td>
<td>2+ hrs. before bed</td>
<td>S&amp;S</td>
</tr>
</tbody>
</table>

* To see how to use your doTERRA products, see page 22

1. Make fruits and vegetables a staple. They are high in fiber, low in carbohydrates, and very high in nutrients.
2. Don’t skip meals – this actually lowers your metabolism and encourages your body to store fat. Use TrimShake as a meal or snack replacement.
3. Pay attention to your body. Don’t eat until you are stuffed; just eat until you aren’t hungry anymore. Get used to a “healthy full.”
4. Improving is better than perfect. Focus on changing one habit at a time, for example, eating a salad with dressing is better than eating a fast food hamburger.
5. Drink Water (not soda, not juice). Choosing water instead of juice or soda helps speed up your metabolism; and can save you 240+ calories a day.