



SOUND CHECK FITNESS • OFFICIAL RULES

THE FALL REMIX CHALLENGE

No Tricks, Just Results.

OCT 5–31

Challenge dates

\$30

To enter

\$200

Best transformation

MEAL PLAN

Included with entry

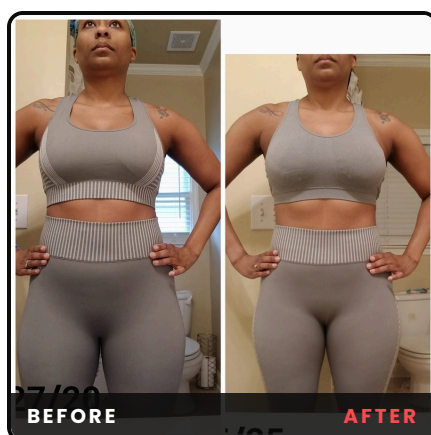
01 OVERVIEW

The Fall Remix Challenge runs **October 5 to October 31, 2026**. The member with the best overall transformation wins **\$200**.

Every entry includes the Fall Remix meal plan: a carb-cycling plan that works for any food preference. You pick the options that fit you, and the plan guides you from there.

► REAL RESULTS

Real participants from a previous transformation challenge. Same rules, same work, real change.



YOUR REMIX IS NEXT.

Sign up by Saturday, October 3. \$30 to enter, meal plan included.

02 KEY DATES

DATE	WHAT HAPPENS
Now – Sat, Oct 3	Registration open (\$30)
Mon, Oct 5	Challenge begins. Starting check-in photos due
Mon, Oct 12	Week 2 check-in photos due
Mon, Oct 19	Week 3 check-in photos due
Mon, Oct 26	Week 4 check-in photos due
Sat, Oct 31	Last day of the challenge
Mon, Nov 2	Final check-in photos due
Sat, Nov 7	Winner announced

03 ELIGIBILITY

To enter and to win, you must:

- Be an active Sound Check Fitness member in good standing from registration through the final check-in
- Use the Sound Check Fitness tracker app for the full challenge
- Meet the weekly social posting requirement (section 05)
- Email check-in photos every Monday (section 06)
- Be 18 or older
- Sign the challenge waiver (last page)

Staff members are not eligible for prizes.

04 HOW TO ENTER

01

Sign up at the gym or on the Sound Check Fitness website by **Sat, Oct 3.**

02

Pay the **\$30** challenge fee. Your meal plan is included.

03

Sign the waiver on the last page of these rules.

04

Email your starting check-in photos on **Mon, Oct 5.**

Late entries are not accepted after Saturday, October 3.

05 SOCIAL POSTING

Every week, post **2 reels and 2 story posts** of your workouts. Tag all three handles in every post:

@soundcheckfitness

@stickshiftfitness

@dathetrainer

Screenshot each post and email the screenshots to **fallremixchallenge1@gmail.com**. Stories disappear after 24 hours, so screenshot them the same day you post.

06 MONDAY CHECK-INS

Check-ins happen every Monday: **October 5, 12, 19 and 26**, with a final check-in on **November 2**. You take the photos yourself and email them in.

EACH MONDAY

1. Take your photos in the morning, right after you wake up and before your first meal.
2. Use a mirror and take three photos: front, side and back. In one of the three photos, hold a white piece of paper with that day's date written on it.
3. Wear the same clothes in every check-in.
4. Screenshot the photos and email them to **fallremixchallenge1@gmail.com** the same day.

07 SCORING AND JUDGING

The winner is chosen by a 100-point score, so it's about overall transformation, not just the scale.

POINTS	CATEGORY	HOW IT'S MEASURED
50	Visual transformation	Starting vs. final check-in photos, scored by a panel of 3 judges
50	Consistency	Workouts logged in the app, weekly posts and Monday check-ins sent on time

WEEKLY MINIMUM TO STAY ELIGIBLE

- 3 workouts logged in the app
- 2 reels and 2 story posts with all three tags
- Your Monday check-in photos

Missing any of these in a week means disqualification. Tiebreaker: the higher consistency score wins.

08 WEEKLY MINI-CHALLENGES

Each week has a bonus challenge. Everyone who completes it is entered in a drawing for a **surprise gift card**, so it doesn't matter how many people finish. Mini-challenges don't affect the main score.

WEEK	DATES	MINI-CHALLENGE
1	Oct 5 – 11	Opening Act: log 4 workouts in the app
2	Oct 12 – 18	Step It Up: hit 8,000 steps on 5 days (email step screenshots)
3	Oct 19 – 25	Meal Prep Remix: post a meal prep reel from your meal plan, tagging all three handles
4	Oct 26 – 31	Fear No Rep: work out 5 days in a row during Halloween week

09 PRIZE

\$200

Best transformation.

Announced Saturday, November 7.

10 HEALTH, SAFETY AND DISQUALIFICATION

This challenge rewards healthy, lasting change. Talk to your doctor before starting if you have a medical condition, are pregnant, or take medication that affects weight.

A participant may be disqualified for:

- Extreme dieting, fasting, or dehydration tactics before a check-in
- Use of diuretics, laxatives, or weight-loss drugs not prescribed by a doctor
- Falsifying app logs, posts or photos
- Missing the weekly workout, posting or check-in requirements
- Membership lapsing before the final check-in

Sound Check Fitness staff make final decisions on disqualification.

11 PRIVACY AND PHOTOS

Your check-in photos stay private. Only the judging panel sees them.

- Check-in photos go only to the challenge email and the judging panel.
- Check-in photos are shared on social media or in the gym only with your written permission.
- Your workout reels and stories are public. You choose what they show, and they never need to include your body or results.
- The app leaderboard shows workout activity only.

12 WAIVER AND ACKNOWLEDGMENT

By signing, I confirm that:

- I am an active Sound Check Fitness member and will use the Sound Check Fitness app during the challenge.
- Each week I will post 2 reels and 2 stories tagging @soundcheckfitness, @stickshiftfitness and @dathetrainer, and email screenshots to fallremixchallenge1@gmail.com.
- I will email my Monday check-in photos as described in these rules.
- I take part voluntarily and at my own risk, and I release Sound Check Fitness from liability for injury related to the challenge.
- I have read these rules and agree that staff decisions are final.
- I will not use unsafe methods to change my results.

Photo sharing: I give permission to share my check-in photos publicly. ☐ Yes ☐ No

FULL NAME

PHONE

EMAIL

INSTAGRAM HANDLE

SIGNATURE

DATE

Staff use only · \$30 paid ☐ Meal plan sent ☐ Received by: _____