



# FITNESS QUEST 10

# Be The Lighthouse HOLIDAY CONTEST

NOVEMBER 26TH- DECEMBER 27TH

(PARTICIPATION IS FREE)

*\*The total amount is to be used toward Personal Training, Massage Therapy, FST, Pilates, Class Packages, Membership, and/or Retail.*

**PRIZES** 1st Place: \$300\* | 2nd Place: \$200\* | 3rd Place: \$100\*

## POINTS FOR WORKING OUT

**25 Points:** For every 30-minute Class

**50 Points:** For every 30-minute Personal Training, Pilates, FST, or Massage

**50 Points:** For every TD Fit Class

**100 Points:** Burn the Bird Workout (+50 Turkey Toss) (11/27/2020)

**100 Points:** For every 1-hour Personal Training, Pilates, FST or Massage

**130 Points:** For every 90-minute Massage and FST

**150 Points:** Turkey Day Trots or Holiday Races (Virtual)

**150 Points:** For participating MyZone Be A Lighthouse Challenge

## POINTS FOR PURCHASES

**50 Points:** For Each MyZone Belt Purchased (Great Gift Idea!)

**75 Points:** For Purchasing IMPACT/GYMR T-Shirts & Long Sleeves

**150 Points:** For Purchasing IMPACT/GYMR Sweatshirts

**100 Points:** For Each Gift Certificate Purchased (Massage/FST/Personal Training)

## POINTS FOR BEING A LIGHTHOUSE

**10 Points:** Daily Food Journals & Canned Food Donations

**50 Points:** For each gift Donated to Holiday Toy Drive

**50 Points:** For every Facebook or Instagram posts with FQ10 Tagged

**150 Points:** For Any Volunteering done in the community

**150 Points:** Attending Client Appreciation Party @4pm (Via ZOOM 11/29/2020)

**200 Points:** \$20 donation to attend TD Keynote (Via ZOOM 11/28/2020)

**300 Points:** New Client Referrals who sign up for any package!

You are responsible for getting your name on the contest board

Turn in your activity logs & food journals every Friday. (See Front Desk for forms)

You are responsible for tracking your points & submitting them

Points turned in late (-1week or more) will not count!

Sign up **TODAY** for **FREE** at the front desk or online!