



90-Day Healthy Living Challenge Entry Form and Instructions

Congratulations! Taking the steps to be healthier is an important decision that can change the quality of your life and that will have a long-lasting, positive impact on your well-being and confidence as well as on those around you. That's why we celebrate everybody's success and why we created a challenge that everyone can win! Over the next three months, you may experience a dynamic whole-body transformation...resulting in a healthier and stronger body, improved mood and motivation, and a more fulfilling lifestyle.

PRIZES

Participants are paid based on the amount of weight they lose using LurraLife products – up to \$10 per pound lost. Prizes are awarded based on number of pounds lost by the participant during the 90 days of the participant's LurraLife Healthy Living Challenge. The maximum prize a participant can earn is \$500.

- Lose 1-19 pounds during the 90-day Challenge and earn an official LurraLife Challenge t-shirt.
- Lose 20-29 pounds during the 90-day Challenge and earn \$4 per pound lost.
- Lose 30-39 pounds during the 90-day Challenge and earn \$6 per pound lost.
- Lose 40-49 pounds during the 90-day Challenge and earn \$8 per pound lost.
- Lose 50+ pounds during the 90-day Challenge and earn \$500.

All entry form and eligibility information must be complete and valid in order to qualify for a prize. Prizes will be paid out along with the participant's LurraLife commission check after their 90-day Challenge has ended and their Entry Form Ending Information has been received and processed.

STEPS

1. Sign up for LurraLife. (Get the sign-up sponsor code from the Associate who introduced you to LurraLife.) It is FREE to join. Be sure to ask how to get your products for FREE too!
2. Fill out and submit the official LurraLife 90-Day Healthy Living Challenge Entry Form. (Download the form from www.LurraLife.com. Rules, regulations, and submission instruction are provided on the form.)
3. Order your LurraLife product(s). (A monthly qualifying order of at least USD \$79.95 is required each month for the 90 days of your challenge.)
4. Take and submit your "before" photos and measurements. (Make sure to follow the directions on the entry form.)
5. Start your transformation! Use at least one of the LurraLife products for the duration of your Challenge.

6. *****BONUS***** Follow our proven exercise plan and nutrition recommendations. Download the LurraLife 90-Day Healthy Living Challenge Guide for FREE from www.LurraLife.com.
7. Take and submit your “mid-way” photos and measurements. (Make sure to follow the directions on the entry form.)
8. Take and submit your “after” photos and measurements. (Make sure to follow the directions on the entry form.)
9. Enjoy your new and improved body and health plus increased energy and confidence! Celebrate your results and keep up the rewarding healthy lifestyle habits you’ve developed.

HOW TO ENTER

To officially enter the LurraLife 90-Day Healthy Living Challenge, participants must submit a completed LurraLife 90-Day Healthy Living Challenge Entry Form. LurraLife Associates can download the form from their LurraLife Back Office at www.lurralife.com. Print the forms on plain white paper and fill it out using either black or blue ink. Forms must be completed in English. Incomplete and illegible entries will be disqualified. Submit the forms either by email to challenge@lurralife.com with the subject line “Entry Form” OR by mail to LurraLife, c/o LurraLife 90-Day Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA.

SUBMISSION DEADLINES

Each participant sets their own official “start date” for the LurraLife 90-Day Healthy Living Challenge. Their official “mid-way date” is on day 45 and their official “end date” is exactly 90 calendar days after their start date.

The LurraLife 90-Day Healthy Living Challenge Entry Form has three parts (listed below). Refer to the specific submission date and instructions on each form. All three parts of the Entry Form are required for an entry to be complete and valid.

1. Starting Information (must be completed within 2 calendar days of your Challenge Start Date and must be emailed or postmarked on or before your Challenge Start Date).
2. Mid-Way Information (day 45) (must be completed within 2 calendar days of your Challenge Mid-Way Date and must be emailed or postmarked on or before your Challenge Mid-Way Date).
3. Ending Information (90 days exactly) (must be completed within 2 calendar days of your Challenge End Date and must be emailed or postmarked on or before your Challenge End Date).

ELIGIBILITY REQUIREMENTS

The Challenge is subject to applicable federal, state, and provincial laws and is void where prohibited.

- Participants must be at least 18 years of age before starting the LurraLife 90-Day Healthy Living Challenge.
- Each Challenge participant may enter the LurraLife 90-Day Healthy Living Challenge one time.
- Each Challenge participant must be an LurraLife Associate or Customer.
- Each Challenge participant must have an active LurraLife product order of at least USD \$79.95 each month for the 90 days that they do the challenge.
- Each Challenge participant is required to use one or more LurraLife products for the 90 days of their challenge. We recommend saving your LurraLife receipts as they may be eligible for tax advantages and tax deductions.
- All three parts of the Entry Form are required for an entry to be complete and valid.

TERMS AND CONDITIONS / DISCLAIMERS

LurraLife represents extraordinary examples of what can be accomplished through an integrated system of exercise, nutrition, supplementation, and goal-setting. As individuals differ, their results will differ, even when using the same program.

Each participant assumes all risk of injury, harm, or loss of any kind arising from participation in the LurraLife 90-Day Healthy Living Challenge. Consult with your physician or healthcare provider before starting any new exercise, nutrition, or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with strength training, or if you are changing your exercise program, consult with a qualified trainer or coach. Participants expressly release LurraLife, its distributors and affiliated companies, and the directors, officers and employees of any of them, from all risk, loss, injury, damage, or harm that may arise from participating in the Challenge.

All information and materials submitted on and/or with the LurraLife 90-Day Healthy Living Challenge Entry Form(s) become the sole and exclusive property of LurraLife. Submission of your Entry Form(s) for the Challenge constitutes your express consent and permission for LurraLife, and any of its subsidiaries and affiliated companies, to use your name, photographs, and written responses (in whole or in part) for marketing purposes to promote their products and business, in any media and in any manner whatsoever, without limitation or restriction or further consideration of any kind.

If LurraLife feels a participant is attempting to defraud the company by manipulating weights, photos, or other extremities, LurraLife has the full right(s) to ask for additional documentation, including official medical doctor-verified weigh-ins and measurement, otherwise no prize money will be awarded in such cases. If LurraLife believes a participant is knowingly trying to defraud the company for the prize money, the company will present the case to the "Challenge Committee" for final decision making. The company has full right(s) to revoke that person's entry from the LurraLife 90-Day Healthy Living Challenge and no reimbursement of any kind will be awarded to that individual.

LurraLife is not responsible for internet connectivity, mail delays, misplaced or lost entries. LurraLife 90-Day Healthy Living Challenge participants must notify LurraLife in writing of any change of mailing address, email address, or phone number before-hand.

LurraLife reserves the right to interpret these rules and, if necessary, to amend the rules at its sole discretion and without notice to individual participants. Any amendments to the rules or changes in prizes will be published online in the www.lurralife.com Back Office and/or emailed to all LurraLife Associates. Rule interpretations and all judging decisions are final.

Submission of your LurraLife 90-Day Healthy Living Challenge Entry Form(s) shall be deemed your acceptance of these Rules and Regulations (as may be amended) and your voluntary transfer to LurraLife of all right, title, and interest, including copyright, of your photographs and written responses.



Starting Information ENTRY FORM

**** Reminder: Be sure to consult with your physician or healthcare provider before starting any new exercise, nutrition, or supplementation program. ****

1. Take your “before” photos. Wear the same outfit in all “before” photos; either wear a swimsuit or form-fitting clothes. All four photos are required: (1) full body shot – FRONT view; (2) full body shot – SIDE view; (3) full body shot – BACK view; and (4) starting weight and date verification. Photo #4 needs to be of you (or just your feet) standing on a scale (with your weight clearly visible) with a national newspaper (with the date clearly visible; the date must be within 2 calendar days of your Challenge Start Date).
2. Take photos documenting your “starting measurements”. Each of these photos must show your applicable body part and a measuring tape, with the measurement number clearly visible. All four photos are required: (1) neck measurement; (2) chest measurement; (3) waist measurement – around the belly button (naval or umbilicus); and (4) hips measurement – the largest part around the butt (rear-end or gluteus maximus).
3. Submit your completed Starting Information Entry Form, your four “before” photos, and your four “starting measurements” photos. Either email it to challenge@lurralife.com with the subject line “LurraLife 90-Day Challenge” OR mail it to LurraLife, c/o LurraLife 90-Day Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA. Per LurraLife 90-Day Healthy Living Challenge Rules and Regulations, it must be emailed or postmarked on or before your Challenge Start Date AND must be received by the corporate office within 15 days of that date.
4. Start your transformation! Use at least one LurraLife product for the duration of your 90-day Challenge.

Please print legibly in blue or black ink. All information is required.

First Name: _____ Last Name: _____

Mailing Address: _____

Phone Number: (_____) _____ – _____ Email Address: _____

Challenge Start Date: / / Mid-Way Date (day 45): / / End Date (90 days exactly): / /

Start Weight: _____ lbs Goal Weight: _____ lbs

Which LurraLife product(s) are you planning to use during your 90-day Challenge? (check all that apply)

O2 Drops®

Thrive®

Dr. Miller's Detox Tea®

What are your main reasons for entering the Challenge? What are you aiming to achieve and why?

If you need more space to write, please continue on the back. We love to hear from you!



Mid-Way Information ENTRY FORM

**** Each day reaffirm your commitment to get healthier in your mind and in your heart.
Remember that you and only you have the ability to achieve your goals. ****

1. Take your “mid-way” photos. Wear the same outfit in all “mid-way” photos; either wear a swimsuit or form-fitting clothes. All four photos are required: (1) full body shot – FRONT view; (2) full body shot – SIDE view; (3) full body shot – BACK view; and (4) mid-way weight and date verification. Photo #4 needs to be of you (or just your feet) standing on a scale (with your weight clearly visible) with a national newspaper (with the date clearly visible; the date must be within 2 calendar days of your Challenge Mid-Way Date).
2. Take photos documenting your “mid-way measurements”. Each of these photos must show your applicable body part and a measuring tape, with the measurement number clearly visible. All four photos are required: (1) neck measurement; (2) chest measurement; (3) waist measurement – around the belly button (naval or umbilicus); and (4) hips measurement – the largest part around the butt (rear-end or gluteus maximus).
3. Submit your completed Mid-Way Information Entry Form, your four “mid-way” photos, and your four “mid-way measurements” photos. Either email it to challenge@lurralife.com with the subject line “LurraLife 90-Day Challenge” OR mail it to LurraLife, c/o LurraLife 90-Day Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA. Per LurraLife 90-Day Healthy Living Challenge Rules and Regulations, it must be emailed or postmarked on or before your Challenge Mid-Way Date AND must be received by the corporate office within 15 days of that date.
4. Continue your transformation! Use at least one LurraLife product for the duration of your 90-day Challenge.

Please print legibly in blue or black ink. All information is required.

First Name: _____ Last Name: _____

Mailing Address: _____

Phone Number: (_____) _____ – _____ Email Address: _____

Challenge Start Date: / / Mid-Way Date (day 45): / / End Date (90 days exactly): / /

Mid-Way Weight: _____ lbs Goal Weight: _____ lbs

Which LurraLife product(s) have you been using during your 90-day Challenge? (check all that apply)

O2 Drops®

Thrive®

Dr. Miller's Detox Tea®

How do you feel about your transformation so far? What has helped you the most?

If you need more space to write, please continue on the back. We love to hear from you!



Ending Information ENTRY FORM

**** Each day reaffirm your commitment to get healthier in your mind and in your heart.
Remember that you and only you have the ability to achieve your goals. ****

1. Take your “after” photos. Wear the same outfit in all “after” photos; either wear a swimsuit or form-fitting clothes. All four photos are required: (1) full body shot – FRONT view; (2) full body shot – SIDE view; (3) full body shot – BACK view; and (4) end weight and date verification. Photo #4 needs to be of you (or just your feet) standing on a scale (with your weight clearly visible) with a national newspaper (with the date clearly visible; the date must be within 2 calendar days of your Challenge End Date).
2. Take photos documenting your “after measurements”. Each of these photos must show your applicable body part and a measuring tape, with the measurement number clearly visible. All four photos are required: (1) neck measurement; (2) chest measurement; (3) waist measurement – around the belly button (naval or umbilicus); and (4) hips measurement – the largest part around the butt (rear-end or gluteus maximus).
3. Submit your completed Ending Information Entry Form, your four “after” photos, and your four “after measurements” photos. Either email it to challenge@lurralife.com with the subject line “LurraLife 90-Day” OR mail it to LurraLife, c/o LurraLife 90-Day Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA. Per LurraLife 90-Day Healthy Living Challenge Rules and Regulations, it must be emailed or postmarked on or before your Challenge End Date and must be received by the corporate office within 15 days of that date.
4. Prizes will be paid out along with your next LurraLife commission check once your form has been received and processed, including verifying eligibility requirements.

Please print legibly in blue or black ink. All information is required.

First Name: _____ Last Name: _____

Mailing Address: _____

Phone Number: (_____) _____ – _____ Email Address: _____

Challenge Start Date: / / Mid-Way Date (day 45): / / End Date (90 days exactly): / /

End Weight: _____ lbs Goal Weight: _____ lbs

Which LurraLife product(s) did you use during your 90-day Challenge? (check all that apply)

O2 Drops®

Thrive®

Dr. Miller's Detox Tea®

What had the biggest impact on your results? What are doing to maintain (or continue to improve) your results?

If you need more space to write, please continue on the back. We love to hear from you!



Examples of acceptable photos verifying weight and date.

