

Gold's Gym Challenge 2012

OFFICIAL ENTRY FORM

Team Name: _____

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Preferred Phone _____

CIRCLE THE GENDER AND AGE CATEGORY YOU ARE ENTERING:
(CATEGORY IS DETERMINED BY YOUR AGE AT THE BEGINNING OF YOUR 12-WEEK PROGRAM)

Male or Female? 18-29 _____ 30-39 _____ 40-49 _____ 50 -59 _____ 60+ _____

GOLD'S STAFF ENTRY ONLY BELOW

Contestant ID#: _____

	WEIGHT	WAIST	THIGH	HIP	% BODY FAT	
BEFORE						
AFTER						% OF TOTAL BODY WEIGHT LOST*
NET DIFFERENCE						

*To determine this figure, divide the net difference weight by the before weight. Place the % of total body weight lost figure in the box above.

Comments: _____

FOR JUDGES USE ONLY:
 POINTS AWARDED _____