FEBRUARY 2020

ÜBER MOMS 90 DAY FITNESS AND NUTRITION CHALLENGE

FIT IS FABULOUS

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INFO & GUIDELINES

WHAT TO EXPECT FROM THE 90 DAY CHALLENGE

WHAT'S INCLUDED?

- 90 daily challenges to keep you focused on your health and fitness
- 3 Challenge workouts with Jumpfit Agnes
- All Über Moms Runners group runs during the Challenge
- Special Event Black Light Workout with Jumpfit Agnes (extra charge applies)
- Encouraging, supportive, private Facebook group to keep you going throughout the Challenge

THE PRIZE - MOST IMPROVED

This year the Big Prize will go to Most Improved! We'll measure this based on your before and after testimonials, habits, goals, and measurements.

There will also be a new **Team Challenge**! The winners will be the team with the most improvement over all during the Challenge, as measured by weight and centimeters lost.

THE RULES

To be eligible for a prize, participants must:

1. Complete your "before" testimonial and measurements here and send your pictures to thechallenge@ubermoms.de by Saturday, 15 February.

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2. Attend three workouts during the Challenge. We have scheduled three special Challenge workouts with powerhouse Agnes Yu for this year's Challenge on 7 February, 6 March, and 3 April at 8pm at The Munich Collective. If you cannot attend one of the scheduled Challenge workouts:

- Über Moms members have the option to attend any of the regular Über Moms monthly workouts in lieu of a scheduled Challenge Workout in order to complete their three workouts for the Challenge.
- Non-members may attend one regular monthly workout in lieu of a scheduled Challenge workout in order to complete three workouts for the Challenge.
- Non-members have the option to attend additional Über Moms monthly workouts in order to complete three workouts, but they will need to pay the normal drop-in fee to attend those sessions.

You can see upcoming events on our calendar.

3. Post at least 10 Sum it Up Sunday posts throughout the Challenge on the 90 Day Challenge Facebook page.

4. Post your progress in the Facebook private group at least 30 times over the course of the Challenge (two to three times per week), including food pictures and workout selfies.

5. Comment at least 30 times over the course of the Challenge (two to three times per per week) to encourage your fellow Challengers.

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6. Post at least 10 recipes in the Recipes group over the course of the Challenge.

7. Submit your “after” testimonial, pictures, reflection, and measurements by Sunday, 10 May to thechallenge@ubermoms.de. Participants may also choose to post their after testimonials on the private Challenge Facebook page.

To be eligible for the **Team Prize**, team members must meet the above requirements. Teams will not be disqualified if one member does not meet all the requirements, but that team member’s results will not be counted in the team totals.

Measurements should include starting weight; circumference of biceps, waist, hips, and thighs; and percentage body fat, water, and muscle mass. Über Moms will have a scale to measure these elements at each Challenge workout or you can use your home device or a device at your gym or Apotheke. It’s important to use the same device throughout the Challenge.

Good luck in the Challenge!

Jordan Sapir

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Your "Before" Testimonial

Why did you join this Challenge?

What would you like to achieve this challenge?

What is your current exercise routine?

What are your current eating habits?

What triggers your lack of exercise or unhealthy eating habits, if any?

What are your goals for this 90 Day Challenge?

What junk foods will you eliminate or moderate during the Challenge?

Which healthy foods will you incorporate?

What are your shorter-term goals?

What are your longer-term goals?

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Body Measurements - Beginning of Challenge

Weight:
Percent muscle:
Percent fat:
Percent water:
Measurements
Biceps: R L
Breasts:
Waist:
Hips:
Thighs: R L

Body Measurements - Forecasted Goals

Weight:
Percent muscle:
Percent fat:
Percent water:
Measurements
Biceps: R L
Breasts:
Waist:
Hips:
Thighs: R L

Body Measurements - End of Challenge

Weight:
Percent muscle:
Percent fat:
Percent water:
Measurements
Biceps: R L
Breasts:
Waist:
Hips:
Thighs: R L

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