

2025
TRANSFORMATION
CHALLENGE
EXECUTION GUIDE



TRANSFORMATION CHALLENGE

OVERVIEW

The Transformation Challenge is an eight-week (8-week) challenge inviting members to commit to transforming themselves, both inside and out. Beginning January 13th, 2025, members will challenge themselves to complete at least three (3) workouts per week for six (6) of the eight (8) weeks.

The Transformation Challenge is designed to appeal to various types of members, including competitive and relatively fit members, due to the applicable measurements being based on body fat loss (BF loss) or muscle mass gain (MM gain) as opposed to general weight loss.

OBJECTIVES

- Drive member registrations
- Increase studio utilization
- Target completion rates

DATES

- Registration begins: December 16th, 2024
- Registration ends: January 26th, 2025
- Challenge starts: January 13th, 2025
- Challenge ends: March 9th, 2025

PRIZES

- 1st Place Male (BF loss) - \$500
- 1st Place Female (BF loss) - \$500
- 1st Place Male (MM Gain) - \$500
- 1st Place Female (MM Gain) - \$500

***WE HIGHLY ENCOURAGE
2ND + 3RD PLACE PRIZES!***

This is a great way to create connections and build relationships with local B2B partners.

COST


- \$35 to participate
- All participants will receive a 2025 Transformation Challenge sticker at their last weigh-in.

TRANSFORMATION CHALLENGE

PARTICIPATION ELIGIBILITY & REQUIREMENTS

- The Transformation Challenge is an eight (8)-week event that runs from January 13th – March 9th, 2025. To be eligible to win prize(s), registered participants must complete three (3) workouts per week for six (6) of the eight (8) weeks.
- Participants must register via the OTF mobile app or in studio, sign the Transformation Challenge Membership Agreement Addendum and InBody Consent form, and pay a \$35 registration fee (normal class fees still apply). Registration is open from December 16th, 2024 – January 26th, 2025.
- Participants must register and complete two (2) InBody scans at only one (1) studio (i.e., participants cannot register and complete InBody scans at more than one studio). However, registered participants can take classes at any studio.
- Registered participants must complete the initial InBody scan before taking their first class for the challenge and the final InBody scan between March 6th – March 9th, 2025.
- The Transformation Challenge is open to all members (recurring members, pack-holders, and Healthcare Advantage members) who are at least eighteen (18) years old. Orangetheory employees and immediate family members can participate but are ineligible to win prizes.
- Eligible class types include Orange 60, Orange 90, Strength 50, Tread 50. Only one (1) class per day counts toward the weekly total.
- Winners will be determined by the highest percentage of fat loss or muscle gain as indicated by goal selection and InBody scan results.
- By registering, participants consent to receive email communications about the challenge and may opt-out/unsubscribe by following the procedures set forth in the Transformation Challenge Membership Agreement Addendum. For more details, visit the Orangetheory Fitness Privacy Policy [here](#).
- The challenge is subject to applicable laws and is void where prohibited.
- Orangetheory Fitness reserves the right to modify, change, or cancel this challenge and these Terms and Conditions, at any time, in its sole discretion with or without notice.
- Visit <https://www.orangetheory.com/en-us/promotion-terms> for terms and conditions.

IMPORTANT DATES



December 16th, 2024: **Registration Begins**

January 10th – January 13th, 2025: **Initial InBody Scans**

- 15 minutes per participant for InBody scan and goal setting.

January 13th, 2025: **Transformation Challenge Begins**

- Additional Pre-Challenge 1-Mile & 2,000M Benchmark

January 26th, 2025: **Registration Ends**

March 6th – March 9th, 2025 : **Final InBody Scans**

March 9th, 2025: **Transformation Challenge Ends**

- Determine studio winners.

March 11th, 2025: **Post-Challenge 1-Mile Benchmark**

Week of March 10th, 2025: **Announce Transformation Challenge Winners!**

PROGRAM DESCRIPTION

CHOOSE YOUR OWN GOAL

- Participants have the opportunity to select a goal they want to focus on throughout the Transformation Challenge: to either lose body fat (BF loss) or gain muscle mass (MM gain).
- For each goal type, there will be a suggested exercise prescription that will give members the number and type of classes they should book each week during the Transformation Challenge.

DETERMINING WINNERS

- **Winners in each category will be determined by the highest percentage change in body fat or skeletal muscle mass based on the above formulas.** These formulas were chosen so that the results will reflect the intent of each category:
 - Members choosing the “lose body fat” (BF loss) category will need to objectively reduce their overall fat mass.
 - Members choosing the “gain muscle mass” (MM gain) category will need to objectively increase their skeletal muscle mass.

PERCENT CHANGE CALCULATIONS

1

Lose Body Fat (BF loss): Measured by calculating the percent change in body fat between the beginning and end of the Transformation Challenge.

Lose Fat Formula: $(\text{start} - \text{end}) / \text{start} \times 100$

Example:

- Start Body fat: 30 LB
- End Body fat: 25 LB
- Fat loss %: $(30 - 25) / 30 \times 100 = 16.67\%$

2

Gain Muscle Mass (MM gain): Measured by calculating the percent change in skeletal muscle mass between the beginning and end of the Transformation Challenge.

Gain Muscle Formula: $(\text{end} - \text{start}) / \text{start} \times 100$

Example:

- Start Skeletal Muscle Mass: 120 LB
- End Skeletal Muscle Mass: 130 LB
- Muscle gain %: $(130 - 120) / 120 \times 100 = 8.33\%$

PROGRAM DESCRIPTION

TC PARTICIPANT HANDOUT

- Each participant will be provided with a [Transformation Challenge Participant Handout](#), where members will be provided information to help set their goals for the challenge, create a tentative weekly workout schedule based on their goals/class availability, and set their daily protein intake range.
- Additionally, the handout will include other healthy habits that can be implemented throughout the challenge to create a more holistic wellness experience. Additional information on leveraging the [Transformation Challenge Participant Handout](#) is provided throughout this guide.

[Transformation Challenge Participant Handout](#)

CHALLENGE TRACKER INTEGRATIONS & UPDATES

- Studio staff will be asked to leverage the [Transformation Challenge 2025 Challenge Tracker](#) to identify the goal the participant chooses to focus on, lose body fat or gain muscle mass. This allows for a robust post-challenge analysis of (1) the success of the TC overall, (2) the goal type utilization, and (3) what drove the most results.
 - *Reminder: InBody results must be logged using the same email address participants use to login to the OTF mobile app.*
- Studios can leverage the [Transformation Challenge 2025 Challenge Tracker](#) to track classes. The mobile class workout tracker also provides a visual showing their goal and the class types taken.

PROGRAM DESCRIPTION

PRESCRIPTIONS

- Leveraging a TC Participant Handout, coaches can prescribe class schedules to members.
- Example: For muscle mass gain, take 4 classes per week: 2 Orange 60, 2 Strength 50.
- [Coach/SA Transformation Challenge Scripting](#): This document will help your team stay within their scope of practice while prescribing workouts and recommending nutrition.

PERFORMANCE

- 1-Mile Benchmarks are scheduled for January 13th, 2025 and March 11, 2025 to allow members to organically work towards improving their mile running/walking time. This is a way to measure improvements in cardiovascular fitness.
- Member participation is optional, and we will not be awarding prizes based on these improvements, but it is a great way for members to measure progress. In particular, maintaining their 1-Mile Benchmark pace while making improvements to their body composition!

NUTRITION

- Stronger and simple up-front nutritional guidelines with a focus on protein consumption and hydration will be provided to members via the TC Participant Handout. Coaches are encouraged to discuss the members' individual protein goal range with them as per the calculation on the handout while staying in their scope of practice. See [OTFit Certificate Program - Phase 1, Unit 2.1: Lesson 6](#) for more information on coach scope of practice.

NUTRITION SUPPORT

Participants will have access to a variety of valuable nutrition resources, including:

- Weekly Content Emails: In partnership with StrongerU, these emails will include various topics, such as nutrition and holistic wellness to support participants throughout their TC journey
- Live Webinar: A complimentary webinar hosted by StrongerU will be available for all TC participants on three (3) separate dates, so members can choose the time that works best for them; registration details can be found on the Orangetheory landing page [here](#) (available beginning December 2nd, 2024)
 - Dates:
 - January 8th, 2025 at 8:00 PM EST
 - January 11th, 2025 at 11:00 AM EST
 - January 22nd, 2025 at 8:00 PM EST
- Topic: Nutrition 101: Fueling Success During the Transformation Challenge
- Special Offers: Participants will receive exclusive nutrition-related offers from StrongerU to enhance their journey; offers are available from December 16, 2024 to January 26, 2025; members can sign up for these special offers on StrongerU's Orangetheory landing page [here](#) (landing page available beginning December 2, 2024). In addition, studios whose members sign up for a paid StrongerU membership through January 26, 2025 will receive a one-time \$25 referral credit, per member, toward their royalties. Credit will go to the home studio denoted by the member at the point of signup and will be paid in Q1 2025.
 - Virtual Nutrition Workshops (\$0)
 - Free Virtual nutrition workshops hosted by registered dietitians to optimize your members' results
 - Base Nutrition (8 weeks, \$79 total)
 - 1:1 nutrition consultation
 - Weekly group coaching calls
 - StrongerU App access

NUTRITION SUPPORT

- Push Nutrition (8 weeks, \$119 total)
 - Goal setting call with dedicated nutrition coach
 - Bi-weekly accountability check-ins (4 total throughout the challenge)
 - Unlimited coach messaging
 - Weekly group coaching calls
 - StrongerU App access
- All Out Nutrition (8 weeks, \$159 total)
 - Goal setting call with dedicated nutrition coach
 - Weekly accountability check-ins (8 total throughout the challenge)
 - Unlimited coach messaging
 - Weekly group coaching calls
 - StrongerU App access
- StrongerU In-Studio or Virtual Nutrition Workshop: Studios interested in hosting a preapproved in-person or virtual workshop hosted by a StrongerU coach can make a request [here](#) by December 31st, 2024. Availability is limited and will be handled on a first come, first serve basis. Studios who are not selected for these events can still participate in the network-wide nutrition workshops taking place on January 8th, January 11th, and January 22nd, 2025.

WEEKLY CONTENT/CHALLENGES

WEEKLY CONTENT

- While weekly tips have been provided in years past, participants will be emailed holistic tips to help them improve their overall health and wellness. The emails will be available for studio staff to preview prior to the start of the Transformation Challenge.
- Important Note: Emails will be sent on Sundays to registered TC participants.

• TOPICS:

- Pre-challenge sent to all members (January 5th, 2025): TC Encouragement/Excitement
- Week 1 (January 12th, 2025): Goal Setting - Choose your Reason
- Week 2 (January 19th, 2025): Planning Ahead
- Week 3 (January 26th, 2025): Protein Intake and Muscle Mass
- Week 4 (February 2nd, 2025): Mindset/Stress
- Week 5 (February 9th, 2025): Sleep
- Week 6 (February 16th, 2025): The Key(s) to Consistency
- Week 7 (February 23rd, 2025): Exercise and Nutrition for Health
- Week 8 (March 2nd, 2025): Maintaining Results and Remembering your Reason
- Post challenge (March 9th, 2025): Reflection and Moving Forward

• CHALLENGES:

- Week 1: Mile Benchmark Participation AND 2,000 Meter Row Benchmark Participation
 - 1 point per benchmark participant: Team Orange vs. Team Black
- Week 2: Workout 101 scheduled
- Week 3: Workout 101 scheduled
- Week 4: TBD
 - Track distance: Team Orange vs. Team Black
- Week 5: TBD
 - Track distance: Team Orange vs. Team Black
- Week 6: TBD
 - Track distance: Team Orange vs. Team Black
- Week 7: TBD
 - Track distance: Team Orange vs. Team Black
- Week 8: Highest Percentage Final InBody Scan

PROCESSING REGISTRATIONS

ENCOURAGING REGISTRATIONS

- **Involve All Studio Staff:** Ensure all studio staff actively promote sign-ups in the lobby, during class announcements, and through one-on-one conversations
- **Engage Members Personally:** Have coaches and SAs ask members directly to participate
- **Utilize Past Participants:** Print a list of participants from the last fitness program and invite them to join
- **Create FOMO:** Generate excitement to encourage participation
- **Contact Target Groups:** Reach out to (1) last year's TC participants, (2) individuals from the 12 Days of Fitness, (3) new members, and (4) potential upgrades (i.e., pack holders)

PROCESSING REGISTRATIONS

- All participants must register either through the mobile app or in MBO and pay the registration fee. For registration through MBO:
 - Look up the member under the "Retail" tab
 - Click "Services" and select the appropriate registration fee
 - Click "Add Item" and complete the sale

WAIVING THE REGISTRATION FEE

***OTGP will not be waiving any Transformation Challenge fees.**

MOBILE APP REGISTRATION

Members can register through the mobile app by clicking "Sign Up Now" on the mobile app home screen or by navigating to Settings > Buy Classes > and selecting the appropriate registration option.

MARKETING ASSETS

CAMPAIGN MATERIALS

- Promotional assets
 - Monthly newsletter inclusion (OPT IN)
- [Transformation Challenge Participant Handout](#)
- Weekly Email content [SEE PAGE 10]
- Mobile Class Tracker
- Canva
 - [Transformation Challenge Initial InBody Scan Story](#)
 - [The First Day of Transformation Challenge Story](#)
 - [Transformation Challenge 2025 Leaderboards](#)
 - [Transformation Challenge 2025 Certificates](#)
 -

RETAIL & PRODUCT COMPONENTS

TRANSFORMATION CHALLENGE STICKERS

- Each Transformation Challenge participant will receive one (1) sticker after their final InBody scan.
- Stickers will be auto shipped to studios.
- Not sure how to scan/add inventory in MBO? Click [here](#).

MARKETING OVERVIEW

“CHOOSE YOUR REASON” VS. SPECIFIC GOALS

“Choose Your Reason” is about connecting with your deeper motivation—the real reason that drives you to want change. It’s more than just a fitness goal; it’s about understanding why you want to lose fat or gain muscle. Maybe it’s about feeling more confident in your own skin, having the energy to keep up with your kids, or feeling stronger and healthier as you get older. Your deeper “why” fuels your commitment and helps keep you on track when the going gets tough.

On the other hand, your goal is the specific outcome you want to achieve: lose fat or gain muscle. These are measurable targets you'll work toward throughout the 8-week challenge. But your “reason” is what will keep you motivated, focused, and ready to push through every challenge along the way.

To summarize:

- Choose Your Reason = Deeper Motivation
- Goal = Lose Fat or Gain Muscle

If members are hesitant to pick a goal, assure them that regardless of the goal they choose, they will still be on the path to improving their body composition and overall fitness and health.

KEY MESSAGING

- Sign up for the 2025 Transformation Challenge! Choose your reason.
- What’s your reason? To gain muscle or lose fat?
- The TC runs from January 13th – March 9th, 2025
- Complete 3 classes/week for 6 of the 8 weeks, totaling 18 classes
- Registration fee is \$35

PREPARATION CHECKLIST

- ☐ Print and Organize the following documents:
 - [Transformation Challenge Membership Agreement Addendum Form](#)
 - [InBody Consent Form](#)
 - [Transformation Challenge Participant Handout](#)
- ☐ Set-Up Registration to start December 16th, 2024 (choose which method works best)
 - Use [Transformation Challenge Paper Registration Sheet](#)
 - Create a Google Form to sign-up with a linked QR Code
 - ([Transformation Challenge Sign-Up Google Form Example](#))
- ☐ Keep your Transformation Challenge data organized
 - Scan and upload member TC forms into the corresponding MBO member profile
 - Search for: Client's Name > Select Client > Documents > Choose File
 - Create a folder on your desktop computer named "2025 Transformation Challenge"
 - File and store all documents in the studio and keep them for 30 days after the 2025 Transformation Challenge ends
- ☐ Utilize the following:
 - Make copy of [Transformation Challenge 2025 Challenge Tracker](#)
 - Post Promotional Social Media Graphics
- ☐ Host a Staff Meeting
 - Review all Transformation Challenge documents and components
 - Create and schedule shifts for initial InBody scan and goal setting sessions
 - Recommendation: Coaches conduct InBody scan and goal setting sessions
 - Best Practice: Role play the InBody scan and goal setting sessions to get familiarized with the flow and time allotment
 - Optional: Designate a place for taking "before" photos if your participant would like to be a part of post Transformation Challenge testimonials
- ☐ Plan a "Transformation Challenge Kickoff Party"
 - Host on one of the initial InBody scan and goal setting session days (January 10th - 13th, 2025) and invite all registered participants
 - Goals:
 - Conduct initial InBody scan and goal setting sessions
 - Allow participants to mix and mingle with fellow participants and studio staff
- ☐ Select a date and location for "Transformation Challenge Celebration Party"
 - Week of March 10th, 2024
 - Social media announcement to follow after the LIVE event!

CHALLENGE TRACKER

OrangeTheory FITNESS				Goal Paid in MBO % to Goal			ALL PARTICIPANT STATS																					
				150	12	8.00%																						
				Goal			INFO					Body Fat (%)			Weight (lbs)			Skeletal Muscle Mass (lbs)			Body Fat Mass (lbs)							
#	NAME	Charged in MBO	M/F	Waiver Signed	Team	Muscle Mass Gain	Body Fat % Loss	EMAIL	PHONE	Initial Scan Date	Final Scan Date	Initial Scan Body Fat %	Final Scan Body Fat %	Initial Scan Weight	Final Scan Weight	Difference	Initial Scan MM (lbs)	Final Scan MM (lbs)	% Change	Initial Scan BFM (lbs)	Final Scan BFM (lbs)	% Change						
1	Guy 1	Y	M	Y	Orange	✓	□					9.40	8.00	180.3	180.5	0.2		93.9	95.5	1.70%	16.9	15.5	8.28%					
2	Guy 2	Y	M	N	Black	✓	□					20.00	19.00	200.0	190.0	-10.0		60.0	62.0	3.33%	45.0	42.0	6.67%					
3	Girl 1	Y	F	Y	Orange	✓	✓					25.00	20.00	220.0	195.0	-25.0		65.0	60.0	-7.69%	52.0	47.0	9.62%					
4	Girl 2	Y	F	N	Black	✓	□					30.00	25.00	225.0	200.0	-25.0		55.0	58.0	5.45%	50.0	48.0	4.00%					
5	Guy 3	Y	M	Y	Orange	✓	✓					35.00	30.00	230.0	200.0	-30.0		72.0	70.0	-2.78%	35.0	32.0	8.57%					
6	Girl 3	Y	F	Y	Black	✓	✓					40.00	35.00	235.0	203.0	-32.0		80.0	86.0	7.50%	42.0	40.0	4.76%					
7	Guy 4	Y	M	Y	Orange	✓	□					45.00	40.00	240.0	210.0	-30.0		53.0	48.0	-9.43%	56.0	53.0	5.36%					
8	Guy 4	N	M	N	Black	✓	□					50.00	45.00	245.0	225.0	-20.0		61.0	68.0	11.48%	22.0	19.0	13.64%					
9	Girl 4	N	F	N	Orange	✓	□					55.00	50.00	250.0	230.0	-15.0		77.0	82.0	6.49%	18.0	19.0	-5.56%					
10	Girl 5	Y	F	Y	Black	✓	✓					18.00	19.00	260.0	245.0	-15.0		72.0	73.0	1.39%	58.0	52.0	10.34%					
11	Guy 6	Y	M	Y	Orange	✓	□					19.00	18.00	255.0	242.0	-13.0		71.0	72.0	1.41%	25.0	23.0	8.00%					
12	Guy 7	Y	M	Y	Black	✓	✓					22.00	21.00	256.0	245.0	-11.0		68.0	70.0	2.94%	43.0	39.0	9.30%					
13	Girl 5	N	F	N	Black	✓	□					25.00	24.00	258.0	250.0	-8.0		68.0	68.0	0.00%	44.0	40.0	9.09%					
14	Girl 6	Y	F	Y	Black	✓	✓					23.00	25.00	188.0	185.0	-3.0		55.0	58.0	5.45%	41.0	39.0	4.88%					
15	Girl 7	N	F	N	Orange	✓	□					18.00	16.00	190.0	180.0	-10.0		62.0	65.0	4.84%	50.0	47.0	6.00%					
16	Girl 8	Y	F	Y	Black	✓	✓					21.00	19.00	192.0	190.0	-2.0		79.0	81.0	2.53%	51.0	49.0	3.92%					

Place	Body Fat Mass Winners			
	Female	% Change	Male	% Change
1st	Girl 5	10.34%	Guy 5	13.64%
2nd	Girl 1	9.62%	Guy 7	9.30%
3rd	Girl 6	4.88%	Guy 3	8.57%
Place	Muscle Mass Winners			
	Female	% Change	Male	% Change
1st	Girl 2	5.45%	Guy 2	3.33%
2nd	Girl 7	4.84%	Guy 1	1.70%
3rd	Girl 8	2.53%	Guy 6	1.41%

[illegible]

Click [here](#) for the link to the [Transformation Challenge 2025 Challenge Tracker](#). PLEASE make your own copy and feel free to rename it as you see fit. To maintain the integrity and auto calculations of the tracker, please refrain from altering its format or editing any sections outside of the designated areas for your input. Should you encounter any issues with the tracker, don't hesitate to contact Scotty Banks at (317) 997-8358.

You'll notice a new section added on the right side, specifically tailored for our challenges.

This section includes automatic calculations at the bottom for your convenience.

Additionally, we've included a sample In-Body schedule and calendar for easy reference.

PERFORMING INBODY + GOAL SETTING SESSIONS

Registered participants must complete an initial InBody scan from January 10th –13th, 2025 (those registering between January 14th – 26th, 2025 must complete the InBody scan before their first class) and a final InBody scan from March 6th – 9th, 2025, by close of business. To ensure a successful InBody scan and goal-setting session, follow these best practices:

PREPARATION

- Be mindful of the InBody's location and create an environment that feels secure and private for participants
 - Recognize that taking a scan may be nerve-racking for some; ensuring a positive experience is crucial to building their confidence and overall success
- Contact participants twenty-four (24) hours in advance to confirm attendance and review pre-scan protocol
- Ask them to bring their phones to track results
 - This way, the coach can check the results with them on the Orangetheory app while updating the [Transformation Challenge 2025 Challenge Tracker](#). Participants can also jot down their results on the [Transformation Challenge Participant Handout](#). If someone forgets their phone, they can email the studio their results for later entry.
- Confirm completion of the [Transformation Challenge Membership Agreement Addendum](#) and [InBody Consent Form](#)

SESSION STEPS

WELCOME

- Set a positive, encouraging, and friendly mood
- InBody Scan: Perform the scan following the [InBody Toolkit](#) guidelines, and record data on the [Transformation Challenge 2025 Challenge Tracker](#) and the [Transformation Challenge Participant Handout](#)
 - Ensure they adhere to pre-scan protocols (clothing, food, water, caffeine, exercise)
 - If not followed, reschedule as needed
 - Ensure participants have empty pockets and wear one layer of clothing
 - Ideally participants would wear the same clothing for all scans
 - Ensure the scan email matches the member's Orangetheory mobile app email
 - Phone numbers cannot be used

PERFORMING INBODY + GOAL SETTING SESSIONS

SESSION STEPS (CONTINUED)

GOAL DISCUSSION

- Explain the two main goal options for TC: lose fat or gain muscle. Help align the participant with their specific goal, considering preferences and motivations
 - Set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) expectations for participants; for example, a 1-2% change in fat over an 8-week period is significant and represents a healthy goal
 - Highlight how body composition is an important indicator of life expectancy, overall health, and fitness performance

GOAL PRESCRIPTION

- Use the [Transformation Challenge Participant Handout](#) to create a personalized weekly plan emphasizing balance and recovery
 - The [Transformation Challenge Participant Handout](#) helps participants set fitness goals, create workout schedules, track protein intake, and adopt healthy habits; coaches can use it to recommend class schedules
 - Lose Fat: Focus on Orange 60 classes, with 1-2x optional Strength 50 and/or Tread 50 classes/week
 - Gain Muscle: Focus on Orange 60 classes, with 1-2x Strength 50 classes/week

CALORIE AND PROTEIN RECOMMENDATIONS

- Discuss the importance of overall calorie consumption and protein intake, and guide participants in calculating their calorie and protein goals
 - Coaches are encouraged to discuss the members' individual calorie and protein goal range with them as per the calculations on the handout while staying in their scope of practice; click [here](#) to view additional information on coach scope of practice
 - If members need additional nutrition support, refer them to StongerU for a free virtual nutrition workshop or paid nutrition consultation/coaching

BENCHMARKS

- Notify participants of Benchmark dates and encourage prebooking
 - Members can participate in optional Benchmarks to track improvements in their 1-mile running, 0.5-mile power walking times, or their 2000m row time, serving as a measure of cardiovascular fitness; while no prizes are awarded for performance, this initiative encourages personal progress

PERFORMING INBODY + GOAL SETTING SESSIONS

SESSION STEPS (CONTINUED)

SUMMARY

- Remind participants that tracking is available in the mobile app, inform them of team assignments, and encourage use of the [Transformation Challenge Participant Handout](#)

CLOSING

- End the session with encouragement and excitement about their journey

WORKSHOP LINKS

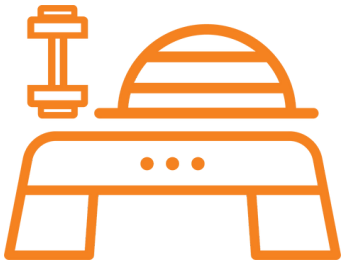
CLICK LINKS BELOW TO ACCESS WORKSHOP RESOURCES



TREADMILL



ROWER



WEIGHT FLOOR



MOBILITY MATRIX

RESOURCE LINKS

CLICK LINKS BELOW TO ACCESS ITEMS

- [Transformation Challenge Paper Registration Sheet](#)
- [Transformation Challenge Sign-Up Google Form Example](#)
- [Transformation Challenge QR Code Flyer](#)
- [Transformation Challenge Participant Handout](#)
- [Transformation Challenge 2025 Leaderboards](#)
- [Transformation Challenge 2025 Certificates](#)
- [Transformation Challenge At a Glance One-Pager](#)
- [Coach/SA Transformation Challenge Scripting](#)
- [Transformation Challenge Membership Agreement Addendum](#)
- [Transformation Challenge 2025 Challenge Tracker *Make Copy Please*](#)