

30-Day Fitness Challenge

Official Rules & Policies

Hosted by 5F Empire LLC (Belle of Fitness)

Challenge Dates: December 3, 2025 – January 1, 2026

Registration Deadline: December 3, 2025 at 5:00 PM EST

Entry Price: \$49.99 USD

1. Eligibility

1. Participants must be 18 years of age or older.
2. Previous winners of any Belle of Fitness or 5F Empire LLC fitness challenge are not eligible to win prizes again.
3. Challenge is subject to all applicable federal, state, and local laws and regulations and is void where prohibited.
4. 5FEmpire LLC reserves the right to disqualify any participant for any reason, including fraud, rule violations, inappropriate conduct, or incomplete submissions.

2. Prize Structure

There will be **three prize winners**, determined by photos, measurements, consistency, and adherence to the challenge rules.

- **1st Place:** \$300 Old School Labs Gift Certificate
- **2nd Place:** \$200 Old School Labs Gift Certificate
- **3rd Place:** \$100 Old School Labs Gift Certificate

Note: Prizes have no cash value, are non-transferable, and may not be exchanged.

3. Money-Back Guarantee

Participants may request a full refund *only* if they:

- Do not lose at least 5 pounds in body weight
AND
- Complete the required tracking, uploads, and participation steps.

Refund Request Requirements

- Requests must be submitted in writing to Belle of Fitness.
- Deadline: **Tuesday, January 6, 2026 by 5:00 PM EST.**
- All photos and metrics must be verified as valid and unaltered.

Alternative Option

Instead of a refund, participants may continue with Belle of Fitness online coaching for 2 additional months for \$24.99 per month.

Payment for extended coaching is due by **January 6, 2026 at 5:00 PM EST.**

Refund Exclusions

Refunds are *not* granted if:

- Photos or metrics were not uploaded correctly or consistently
- Requirements were not followed
- Photos appear altered
- Weight/measurement photos were not taken under required conditions
- Food journals were incomplete
- Participants did not follow the program

4. Required Submissions

All participants must upload the following to the **Everfit app**:

Initial Day 1 Uploads (Dec. 3)

- Full-body front photo
- Full-body side photo
- Full-body back photo
- Photo of weight on scale
- Photo of tape measurements of waist (i.e., belly button) arm, and thigh
- All metrics entered into Everfit

Final Day 30 Uploads (Jan. 1)

- Same set of photos under the same conditions
- Updated weight, measurements, and metrics

Photo Requirements

1. No editing, Photoshop, filters, retouching, or AI enhancements.
2. Clear, well-lit image with the entire body visible (knees and up, arms at sides).
3. Solid background without distractions.
4. Use the same scale, same tape measure, same location, and same time of day.
5. All weigh-ins and measurements must be taken first thing in the morning before food or drink.
6. Uploads must be added to Everfit on the same day they were taken.

5. Meal Tracking Requirement

Participants must **log all meals daily** using the Food Journal in the Everfit app. Failure to log consistently may result in:

- Disqualification from prizes
- Ineligibility for refund

6. Community Conduct Rules

The Everfit community forum is a supportive, respectful environment.

The following behaviors are *required*:

Acceptable Behavior

- Encouraging others
- Sharing progress respectfully
- Asking questions
- Offering support without judgment
- Respecting personal boundaries

Unacceptable Behavior (Zero Tolerance)

- Bullying, insults, or rude comments
- Harassment or intimidation
- Negative comments about someone's body, progress, or appearance
- Spam, self-promotion, or unsolicited sales pitches
- Vulgar, offensive, or discriminatory language
- Sharing screenshots of private posts outside the group
- Posting false or misleading information about health or supplements

Violation may result in **immediate removal** from the challenge **without refund**.

7. Determining Winners

Winners will be chosen based on:

- Visible transformation
- Consistency in logging workouts and meals
- Completion of required uploads
- Following instructions accurately
- Overall effort and adherence to the program

Tie-Breaker

If two participants show similar transformation results, the following will be considered:

1. Consistency in logging
2. Community participation
3. Program adherence

8. Health & Safety Disclaimer

All participants assume full responsibility for their participation.

You should **consult with a physician** before starting any new exercise, nutrition, or supplementation program, especially if:

- You use medication
- You have medical conditions
- You have injuries or physical limitations

By joining, participants release:

- Belle of Fitness
- 5FEmpire LLC
- All affiliated companies, officers, and employees

from any and all risk, injury, harm, or damages associated with participation.

9. Intellectual Property, Photos & Media Use

By signing up, you grant 5F Empire LLC (i.e., Belle of Fitness) the following rights:

1. Permission to use your photos (in whole or in part) for promotion, advertising, marketing, and future fitness challenges.
2. All submitted material becomes the exclusive property of 5F Empire LLC.
3. Photos submitted may **not** be used in any other fitness, weight-loss, or wellness competitions.
4. You waive all rights to compensation for the use of your photos or story.

10. Fraud & Cheating

Participants will be disqualified for:

- Altered photos
- Fake measurements
- Using someone else's images
- Manipulating camera angles
- Water-loading / dehydration tactics that create unsafe, rapid changes
- Any attempt to mislead challenge staff

11. Technology Issues

Participants are responsible for ensuring:

- Proper uploads
- App functionality on their device
- Stable internet connection

Tech issues on the participant's end do not exempt them from requirements.

12. Acceptance of Rules

Submitting your registration constitutes:

- Acceptance of all rules and policies
- Agreement to all terms, including media usage
- Verification that all information submitted is accurate and truthful