

Dear Student,

Congratulations on your decision to join “Tiger Schulmann’s 90 Day Challenge.” Please read all of the rules, fill out, sign and submit the 90 Day Challenge Application Form to your school. The 2023 90 Day Challenge will start on Monday, January 23, 2023 and end on Sunday, April 23, 2023.

YOU MAY CHOOSE TO:

1. Compete for the prizes below requiring you to submit “Before” and “After” photos according to your start/end dates.
2. Keep your participation private (you will not be required to submit photos)

CATEGORIES

- Most Improved - 1st, 2nd and 3rd places*
- Most Fit - 1st, 2nd and 3rd places*
- Male / Female*
- *Not all categories may be offered in every location. Each school will set the total number of categories based on their registration.

PRIZES

- 1st Place - 3 Months of Training
- 2nd Place - 2 Months of Training
- 3rd Place - 1 Month of Training

RULES

1. Each entrant must agree to the contest terms included in this packet.
2. Each entrant must submit a completed 90 Day Challenge Application Form and \$75 entry fee during the registration period.
3. Entrants who choose to qualify for the prizes must provide “Before” and “After” photos according to the guidelines below.
4. Each entrant must attend the Nutrition Seminar at their designated TSMA school (see school for dates and times).
5. Each entrant must maintain a regular weekly TSMA training schedule at their school.

“BEFORE” AND “AFTER” PHOTO GUIDELINES

(only for entrants who choose to qualify for the prizes)

Photos must be taken wearing swimsuits, shorts or snug fitting clothes. Photos must include your whole body, from head to toe. Please take the “Before” and “After” photos on a camera or smartphone using a high-resolution mode of 8 megapixels or greater. All photos become the property of Tiger Schulmann’s Martial Arts.

1. **“BEFORE”** – Three “Before” photos must be taken and submitted by the start date (January 23rd, 2023).

“Before” photos will not be released, circulated, or otherwise used until you complete the 90 Day Challenge.

Your photos must include:

1. Front Facing (face to camera) wearing swimsuits, shorts or snug fitting clothes
2. Rear Facing (back to camera) wearing swimsuits, shorts or snug fitting clothes
3. Side View (right or left side facing camera) wearing swimsuits, shorts or snug fitting clothes

2. **“AFTER”** – Upon completion of the challenge, you must submit your “After” photos to the school no later than the next date after the official last day of the challenge (Sunday, April 23rd, 2023) Your “After” photos should be taken wearing the **same clothes** and using the **same camera angles** and **lighting** as your “Before” photos listed above.

HOW YOU WILL BE JUDGED FOR THE PRIZES

Winners will be chosen based on each entrant’s “Before” and “After” photos for all available categories, by a panel of judges selected by the management of their TSMA location.



Keep this page for your records



ENTRY FORM

START DATE: Monday, January 23, 2023	END DATE (LAST DAY) : Sunday, April 23, 2023
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PLEASE FILL OUT, SIGN, AND RETURN THIS FORM WITH PAYMENT TO YOUR SCHOOL

Full Name _____ Birth Date _____

School Location _____ Gender _____

Phone _____ Email _____

Address _____

Height: Feet _____ Inches _____ Current Weight _____ Goal Weight _____

Describe your health & fitness goals? _____

Program Selection and Payment (Credit or Debit Card Only)

_____ \$75 Registration Fee (Students Only)

_____ \$865 3-Month Program (2 Classes Per Week) with 90 Day Registration Fee (Non Students Only)*

_____ \$965 3-Month Program (3 Classes Per Week) with 90 Day Registration Fee (Non Students Only)*

**Single payment option includes \$50 Uniform*

_____ Use Card on File or Name on Card _____

Billing Address _____

Card Number _____ Exp. Date _____ CVV _____

Signature _____

CONDITIONS OF REGISTRATION AND MEDIA RELEASE

Release and Waiver: I, the undersigned, do hereby voluntarily submit my application for participation in the 90 Day Challenge and hereby willfully and knowingly assume all risks and full responsibility for any and all damages, and personal injuries of any nature whatsoever that I may sustain or incur while participating in the aforementioned event and do hereby release, discharge, and agree to hold TSMA Franchise Systems, Inc., and all entities that operate Tiger Schulmann's Martial Arts Centers harmless of and from any and all rights, claims, or actions that myself, my heirs, successors, or assigns may have against TSMA Franchise Systems Inc., and all entities that operate Tiger Schulmann's Centers individually or otherwise, and specifically covenant not to bring suit against the individuals or organizations mentioned above, fully recognizing that this covenant is part of the consideration for my approval to participate, and upon which TSMA Franchise Systems, Inc. has relied in accepting the above application. I do hereby consent to any reproductions of me or my likeness furnished by me, or any reproduction of me or my likeness created in any manner whatsoever, photographed, filmed, or videotaped in connection with said event and can be used for instruction, publicity, promotion, or television broadcast and waive any and all compensation in regards thereto. My signature on this application is knowing representation that I have read, fully understand, and agree to all terms and conditions contained herein and upon which I intend the promoters to rely.

Print Name _____

Sign _____ Date _____

