



SlimBuddy of the Month Entry Form

To submit your entry, please follow these simple steps:

- Carefully fill out the form answering all of the questions in as much detail as you can.
- Enclose a **BEFORE** photograph – please write your name on the reverse of the photograph, the date of the photograph and your weight at the time it was taken (**NOTE: photographs cannot be returned so please keep a copy**).
- Enclose an **AFTER** photograph – this should be a full length photo of you facing the camera. Again please write your name on the reverse of the photograph, the date of the photograph and your weight at the time it was taken (**NOTE: photographs cannot be returned so please keep a copy**).
- Post the completed form and photographs to:

Slimbuddy of the Month
 Slimbuddy Ltd.
 Unit 4
 Twisleton Court
 Dartford
 Kent
 DA1 2EN

Personal Details

By signing below you acknowledge that you have read the terms and conditions governing the “Slimbuddy of the Month” and you agree to be bound by them.

Name:

Address:

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E-mail:

Phone: (daytime) (evening)

Occupation: Date of Birth:

Starting date: Starting weight: Dress/Trouser size:

Current weight: Weight loss: Current dress/Trouser size:

Signature: Date:

Slimbuddy of the Month questions

1. Why did you become a Slimbuddy member?

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2. List 3 things that have helped keep you motivated and on track with Slimbuddy?

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3. How has losing weight changed you (e.g. the way you look, the way you feel) and the way people behave towards you?

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4. Would you recommend Slimbuddy to your friends? If so why?

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Please write your answers on a separate sheet if there is insufficient space here.

Terms and conditions

1. The monthly winners will be notified by e-mail and telephone
2. The cash prize will be awarded in the form of a cheque for £500. The prize is not transferable; and there will be no substitutions for the prize.
3. Incomplete entries will be disqualified. Slimbuddy Limited will not be responsible for postal delays, misplaced or lost entries.
4. Slimbuddy of the Month is open to anyone over the age of 18, male or female.
5. There will be only one winner selected by the judges each month.
6. Your entry into "Slimbuddy of the Month" constitutes your express consent and permission for Slimbuddy Limited, and any of its affiliated companies, to use your name, photographs and questionnaire responses (in whole or in part) for promotional and advertising purposes to promote Slimbuddy Limited, its business, related companies, in any media and in any manner whatsoever, without limitation or restriction, and such consent is deemed given by your entry and participation into "SlimBuddy of the Month".
7. Submission of your completed Competitor Entry Forms shall be deemed your acceptance of these Rules and Regulations (as may be amended) and your voluntary transfer to Slimbuddy Limited of all right, title and interest, including copyright, in your photographs and questionnaire answers.
8. Competitors' questionnaires and scores are confidential and will not be disclosed.
9. Consult your physician or health care provider before commencing any new exercise, nutrition, or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with strength training, or if you are changing your exercise program, consult with a qualified trainer or coach.
10. To the extent permitted by law, Slimbuddy Ltd., its authorised distributors and related companies including the directors, officers and employees of any of them will not be liable for any loss or damage whatsoever (including but not limited to direct or consequential loss) or personal injury suffered or sustained as a result of your participation in "Slimbuddy of the Month".
11. Your 'Before' photos must be taken within 2 days of beginning the Challenge. Your 'After' photos must be taken within 2 days of finishing the Challenge. Please wear the same type of clothing in the 'Before' and 'After' photos. Shorts are fine – please no posing trunks, briefs or g-strings. Try to get the highest quality photos you can. All photos you send in become the property of Slimbuddy Limited and will not be returned. Please keep a copy of these photos and have duplicates made. Do not send negatives – hang onto them yourself, and please don't lose them. Copyrighted photos will not be accepted. Your photos may be used by Slimbuddy Ltd. to promote its business even if you are not selected as a Winner. When you take your 'After' photos, simply stand in a relaxed position with your arms at your sides. Front and back 'After' photos are required.

Who's eligible to Enter this Challenge?

12. Competitors must be at least 18 years old. Eligibility to participate is subject to the rules and regulations of the country where each competitor lives as applicable to participation in contests.
13. Employees of Slimbuddy Ltd. or affiliated companies, advertising agencies or consultants and contractors providing services to Slimbuddy Ltd, along with their immediate family members are not eligible for entry.
14. Purchase is not a requirement of entry.
15. Slimbuddy Ltd. reserves the right to interpret these rules and, if necessary, to amend the rules at its sole discretion and without notice to individual competitors.
16. Any amendments to the rules or changes in prizes will be published online at www.slimbuddy.com Rule interpretations and all judging decisions are final. All information and materials submitted become the exclusive property of Slimbuddy Ltd.