

# OFFICIAL RULES & REGULATIONS

The BODY FOR LIFE® Challenge 2018 (“2018 Challenge”) is a self-improvement Challenge combining a body transformation, written questions, and an essay. The 2018 Challenge will be conducted in the United States and will be open only to residents of the United States, its territories, and possessions.



## TIMELINES AND DEADLINES

To officially enter the 2018 Challenge you must register online by visiting [www.bodyforlife.com/](http://www.bodyforlife.com/) registration and complete the required information to become officially entered. Upon completing the 12-week 2018 Challenge, 2018 Challenge participants must upload their completed Official Entry Kit online, which must be completed in English. Alternatively, you can download the Official Entry Kit PDF at [www.bodyforlife.com](http://www.bodyforlife.com), complete the required information (in English) and send it in by mail or express courier (FedEx, UPS, etc.) to: EAS®/BODY FOR LIFE® Challenge, 3300 Stelzer Rd., Columbus, OH 43219. A completed Official Entry Kit (either online or printed hard-copy) is required to be eligible to win a prize package. All Official Entry Kits must be uploaded online, postmarked or couriered within 15 days of the completion date of their 12-week program. Incomplete and illegible entries will be disqualified. All essays and “before” and “after” photos must be your own original and unpublished story. All entries must be received by September 10, 2018, Abbott Nutrition is not responsible for internet connectivity, mail delays, misplaced or lost entries.

Participants may only enter the 2018 challenge once. Champions will be notified on or before November 1, 2018 via direct communication from Abbott Nutrition or its affiliates. To receive a list of Champions, send a separate self-addressed, stamped business-size (#10) envelope, which must be received by Abbott Nutrition not later than February 28, 2019, to BFL Winners List, 3300 Stelzer Rd., Columbus, OH 43219.



## HOW YOU WILL BE JUDGED

The 2018 Challenge judges will select one Champion from each Category listed online or on page 1 of the PDF Official Entry Kit. Champions will be chosen based upon the following criteria: outer transformation (“before” and “after” pictures)—50% of total score; and inner transformation (essay and questions)—50% of total score. Seven (7) Category Champions will be selected based on the foregoing criteria. The likelihood of winning depends upon the number of entries received, and the quality of your entry compared to the quality of all other entry submissions as determined by the judges. In the event of a tie, Champions will be selected based solely on the inner transformation essay and questions.



## WHO’S ELIGIBLE TO ENTER THE 2018 CHALLENGE?

2018 Challenge participants must be at least 18 years of age and be residents of the United States, its territories and possessions before starting their 2018 Challenge 12-week Program. The 2018 Challenge is subject to applicable federal and state laws and is void where prohibited.

Employees of Abbott Laboratories, its affiliates, subsidiaries, and any of their advertising, promotion and internet agencies, or consultants and contractors providing services for the 2018 Challenge, and all their immediate family members along with all those with whom they are domiciled, may participate but are NOT eligible to win.

Immediate family means

any of the following: spouse, ex-spouse, defacto spouse, child or step-child (whether nature or by adoption), parent, step-parent, grandparent, step-grandparent, uncle, aunt, niece, nephew, brother, sister, step-brother, step-sister or 1st cousin. Participants in previous BODY FOR LIFE® or other EAS® Physique Transformation Challenges may compete, but past Champions of any BODY FOR LIFE® or other EAS® Physique Transformation Challenge are not eligible to win.