



I ♥ 180 Challenge Basics

The Dynamite I ♥ 180 Challenge is designed to be a fun and easy way to build healthy habits. Start at the end of January and be feeling sweet for your sweetie on February 14th. Just in time for a piece of chocolate (dark, organic cacao, low sugar - of course!).

Valentine's Day Preparation - I ♥ 180 Challenge

- If you started a "diet" January 1st, you may be ready for a booster.
- If you did not start your resolution on January 1st, it's never too late.
- If you are feeling sluggish after the holidays, this is a great way to reset healthy habits.

How do I join the Dynamite I ♥ 180 Challenge? It is simple:

- Download the I ♥ 180 Challenge Team Entry Form (Page 2).
- Name your team and gather your members (minimum of 2, maximum of 6).
- Join the 180 Support Group Facebook Page for updates, recipes, encouragement, testimonials, prizes and more!
- Email in your entry form with your team's beginning pictures (optional, but highly encouraged) to info@dynamitemarketing.com.
- Order a **I Love 180 Challenge Pack (Item#: 4000109)** for each member of your team. (No purchase necessary, contact Customer Service for details.)

\$124.49 Wholesale or \$149.99 Retail | I Love 180 Challenge Pack INCLUDES:

- 180 Starter Pack (180, TriMins, DM Plus)
 - \$25 DynaBucks to use before March 15th
 - Mega Botanicals Shaker + 3 Mega-B's Samples
 - Dynamite T-Shirt
- Start the 180™ Protocol (instructional booklet is included with all bottles of 180), "load" on January 27-28, 2017 and follow the 180™ Protocol to reset your healthy habits.
 - Daily: Follow the protocol in your 180 booklet including recording your weight, drink the full amount of water, eat protocol food, and take daily foundation supplements.
 - Weekly: Every Friday, each team's coach will submit the Team Calculation Sheet (see page 4 of this document).
 - Days 1 and 18: Take measurements and photos (if you choose to take them) to be submitted for the official challenge.
 - Each team must submit (either by email or on the 180 Support Group Facebook page) two 180™ recipes that follow the 180™ protocol.

HAVE FUN, encourage each other, and build your healthy habits!



I ♥ 180 Challenge Team Entry Form

TEAM NAME	
TEAM COACH	DISTRIBUTOR #

REMEMBER! The I ♥ 180 Challenge is about building healthy habits. While this is not a “weight loss” challenge, weight is the quickest and easiest way to see how the reset of healthy habits is going.

TEAM COACH REQUIREMENTS

- Team Coach must be a current Dynamite distributor. Not all team members need to be Dynamite distributors. Teams can contain 2 to 6 people. If you don't have a team, we can help find one for you to join!
- The team coach does not have to participate in the I ♥ 180 Challenge. If they would like to also participate as a team member, please list their name as one of the members below.
- The coach is responsible for submitting the entry form and (optional*) team pictures. These must be turned in to be entered into the I ♥ 180 Challenge.
- The coach will collect all weekly progress from their team members. Each Friday (by 12:00 pm MST) the coach is responsible for getting weekly team member results on the appropriate form to the home office either by fax or email.
- See “I ♥ 180 Challenge Details and Rules” (Page 3) for complete contest rules.
- Check in with team members daily.

*Pictures must be submitted to be eligible for prizes but not for challenge participation.

TEAM MEMBER #1	
EMAIL	STARTING WEIGHT
TEAM MEMBER #2	
EMAIL	STARTING WEIGHT
TEAM MEMBER #3	
EMAIL	STARTING WEIGHT
TEAM MEMBER #4	
EMAIL	STARTING WEIGHT
TEAM MEMBER #5	
EMAIL	STARTING WEIGHT
TEAM MEMBER #6	
EMAIL	STARTING WEIGHT



I ♥ 180 Challenge Details and Rules

CONTEST DETAILS

All team members must be signed up by January 26, 2017. For this challenge, Dynamite is offering the I ♥ 180 Challenge Pack that will include the 180 Starter Pack (a bottle of 180, DM Plus and TriMins), plus a SWEET Bonus pack including: \$25 DynaBucks to use in the month following the challenge, a Dynamite T-shirt, Mega-Botanicals Shaker and three Mega-B's Samples. That's like getting the 180 Starter Pack for \$25-off AND a bunch of free swag!

Weekly prizes are based on weekly percentage of weight lost. To be eligible for each week's prize all team data must be submitted. Team Results will be announced each week on the 180 Support Group Facebook Page and via email.

One member of each team must be a current distributor and is considered the "team coach". The team coach does not have to participate in the I ♥ 180 Contest. They may just facilitate their team. If they would like to also be a team member, please list their name as one of the members. The coach is responsible for submitting the entry form and team pictures. These must be turned in to be entered into the I ♥ 180 Challenge. The coach will collect all weekly progress from their team members. Each Friday (by 12:00 pm MST) the coach is responsible for getting weekly team member results on the appropriate form to the home office either by fax (208.887.9515) or email (info@dynamitemarketing.com).

CONTEST RULES

- Please consult your doctor before beginning any health program.
- Teams must be a minimum of 2 and maximum of 6 participants; one of which must be a current Dynamite distributor.
- The team coach must be a current Dynamite distributor.
- Each team needs to enter two (2) unique recipes during the challenge to be entered into the grand prize drawing.
- To qualify for weekly prizes, team stats must be submitted on Friday of each week by 12:00 pm MST. Stats must be sent in by end of next business day to stay eligible for end of contest prizes.
- The I ♥ 180 Contest will run from January 27 through February 13. Final team stats must be turned in by February 14 to qualify for team prize and grand prize drawings.
- Winners will be announced no later than February 17, 2017.

PRIZE DETAILS

\$25 DynaBucks to use by March 15th, a Dynamite T-shirt, Mega-Botanicals Shaker and three Mega-B's Samples.

PRIZES: Go to the team with the highest weight-loss percentage!

Feb 3: \$10 DynaBucks for EVERY team member

Feb 10: \$10 DynaBucks for EVERY team member

TEAM PRIZE PACKAGE

includes:

- Full feature article of your team in the Dynamite Digest newsletter
- Personalized promotional flyer of your team's winning experience
- Business Building Package of 100 Business Cards, 10 Catalogs, and a Dynamite Vest (in your new size!)
- Spring Conference 2017 entry fees paid for the whole team



Weight Loss Calculation Sheet

DAY 1 & 2 LOADING DAYS Take all Measurements Fri 01/27/17 Sat 01/28/17	DAYS 3-6 180 CLEAN EATING PROTOCOL Follow the Protocol on Page 6 of your 180 Booklet Sun 01/29/17 Mon 01/30/17 Tue 01/31/17 Wed 02/01/17
DAYS 7-12 180 ULTRA CLEAN EATING PROTOCOL Follow the Protocol on Page 6 of your 180 Booklet Thur 02/02/17 Fri 02/03/17 Sat 02/04/17 Sun 02/05/17 Mon 02/06/17 Tue 02/07/17	
DAYS 13-18 180 ULTRA CLEAN EATING PROTOCOL Follow the Protocol on Page 6 of your 180 Booklet - Submit Final Measurements! Wed 02/08/17 Thur 02/09/17 Fri 02/10/17 Sat 02/11/17 Sun 02/12/17 Mon 02/13/17	

Calculation Sheet and Photos Due!

DATE:			
TEAM NAME:			
TEAM MEMBER	LAST WEEK'S WEIGHT	THIS WEEK'S WEIGHT	WEIGHT DIFFERENCE
1			
2			
3			
4			
5			
6			
TOTALS >			
	COLUMN A TOTAL	COLUMN B TOTAL	COLUMN C TOTAL

LINE 1. Enter COLUMN A TOTAL here _____

LINE 2. Enter COLUMN B TOTAL here _____

LINE 3. Subtract line 2 from line 1 OR enter COLUMN C TOTAL here _____

LINE 4. Divide Line 3 by Line 1 _____

Line 4 is your team weight loss percentage (represented in decimal form).

EXAMPLE: Your team's total weight was 800 pounds at the start of the week. At weigh in for the new week your team was a total weight of 770 pounds. Your teams numbers would look like this:

LINE 1. Enter COLUMN A TOTAL here 800

LINE 2. Enter COLUMN B TOTAL here 770

LINE 3. Subtract line 2 from line 1 OR enter COLUMN C TOTAL here 30

LINE 4. Divide Line 3 by Line 1 0.0375

Your team's weight loss percentage is 3.75%.