

**4TH ANNUAL 90-DAY CHALLENGE
VACATION GIVEAWAY
ST. THOMAS, U.S. VIRGIN ISLANDS 2025
Transform Your Body in 90 Days - Win a Trip to the Virgin Islands!
[[10 SLOTS AVAILABLE]]**

Residents of Richmond, Virginia,

Are you ready to kickstart your New Year with a bang and embrace a lifestyle of consistency and structure? Say goodbye to those holiday indulgences and hello to a healthier, happier you!

Join our exclusive 90-day group training transformation challenge designed for 10 individuals in Richmond, Virginia. This program is your ticket to achieving your dream summer body in time for Summer 2025.

Under the guidance of expert coaching, you'll embark on a journey to build your best body through tailored training sessions, nutritional guidance, and a supportive community of like-minded individuals. Your progress will be tracked, and the most dedicated participant will WIN an all-expense paid trip to the beautiful Saint Thomas in the U.S. Virgin Islands.

Picture yourself soaking up the sun on the sandy beaches of the U.S. Virgin Islands in June 2025, savoring the rewards of your hard work and dedication. The winner will also receive a customized 8-week training program to ensure they are vacay-ready inside and out.

Don't miss this incredible opportunity to transform your body, boost your confidence, and potentially win the trip of a lifetime.

Who this challenge is a great fit for?

- All fitness levels
- Individuals looking for weight loss, weight gain, more definition, or more confidence
- Individuals who can dedicate at least 3 hours per week to in-person group training sessions at Gold's Willow Lawn
- Gold's members looking for a fresh start on their fitness journey

Who this challenge isn't a good fit for?

- Women who are pregnant
- Individuals who have already committed to another training program
- Individuals with recent surgeries, chronic diseases, and/or injuries that can affect training (all chronic diseases, recent surgeries, and/or injuries must be cleared by a doctor)

Please continue reading to learn more specific details about the challenge.

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Training Location

Gold's Gym Willow Lawn: 1601 Willow Lawn Dr. Ste 3A, Richmond, VA 23230

Important Dates

- Official Registration: 11/1/24 to 12/29/24
- Zoom Team Meeting: 1/2/25 at 6:00 pm
- Challenge: 1/5/25 to 4/4/25
- Tentative Trip Dates: (4 days, 3 nights) 6/20/24 to 6/23/24

What's Included in the Challenge

- 3 training sessions per week at Gold's Willow Lawn in Richmond, VA
 - 40 EFFECTIVE TOTAL BODY group training sessions with modifications to suit all levels. (3 sessions per week required)
 - **Mondays 6:00am-6:45am**
 - **Tuesdays 7:00pm-7:45pm**
 - **Thursdays 7:00pm-7:45pm**
 - **Saturdays 9:00am-9:45am**
 - 15 minute Q&A and debrief with coach after each training session
- Recommended Training Split
- Foods List & Nutrition Tips
- (Pre and Post Challenge) Body Analysis for Body Fat % and Muscle Mass + Progress Photos
- Telegram/GroupMe Support Group
- Challenge T-shirt
- Discounted Gold's Gym Membership
 - Ask for a manager and tell Gold's that you're training with "IPT Daija" to get the discounted rate <https://www.goldsgym.com/richmondwillowlawnva/>
(804)285-4653
- Free admission to Build Fitness group sessions during the duration of the challenge
- VIP discounts on customized workout programs, nutrition consulting, and 1on1 training sessions
 - *1st place winner awarded an all-expense paid vacation (flight and hotel accommodations covered) and a customized workout program for 8 weeks in preparation for the vacation*

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Resort Options:

BUILD FITNESS 90-DAY CHALLENGE- VACAY GIVEAWAY



THE WESTIN BEACH RESORT & SPA AT FRENCHMAN'S REEF

dajjalittle.com

BUILD FITNESS 90-DAY CHALLENGE- VACAY GIVEAWAY



THE PINK PALM HOTEL

dajjalittle.com

BUILD FITNESS 90-DAY CHALLENGE- VACAY GIVEAWAY



MORNINGSTAR BUOY HAUS BEACH RESORT AT FRENCHMAN'S REEF

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Vacation Attendees

We want to make sure that everyone who participates in the challenge feels included and rewarded for their hard work. As the challenge kicks off, we'll start scouting for group rates to ensure that we get the best deals possible for our trip. Whether you're in it to win it or simply want to secure your spot on this amazing journey, we've got you covered. If you're eager to join us on this adventure but not necessarily aiming for the top prize, please reach out to Daija at your earliest convenience to secure your place.

Travel Requirements:

- Available for vacation dates
- Able to fly out of RIC, DCA, or IAD
- Must be a 2025 challenge participant or previous challenge participant

Challenge Registration Payments

Clients can complete their emailed invoice with credit, debit, Apple Pay, Paypal, Venmo, or ACH bank payments.

- **November 1st Black Friday Promotion**
 - **\$50 off challenge rate for the first 5 sign-ups!!!**
 - Be the first 5 to complete your registration form and invoice to qualify for the \$449 promotion. Promotion ends 11/15/24 or when slots fill.
- **General Registration Payment**
 - \$499 in full submitted by 12/29/24
 - (transaction fees included - paid by invoice)
 - Payment Plan Option
 - 2 payments of \$300 submitted by 12/29/24
 - (transaction fees included - paid by invoice)

All payments must be submitted by Sunday, December 29th, 2024.

How to Register for the “first-come-first-served” Slots:

- Complete registration form at <https://www.daijalittle.com/90daychallenge>
- Complete invoice by the registration deadline
- Email info@daijalittle.com with any questions or concerns