

Zenki Challenge

Zenki Dojo will host a 30 day challenge beginning ____/____/____ through ____/____/____. This is not a contest of any sort and no prize of any dollar amount will be awarded; only the satisfaction of eating and training like a samurai. Zenki Dojo encourages its members to participate in the challenge by following a Paleo diet for 30 days and training with us at least four days a week because we believe this challenge will nourish your body properly for faster recovery, faster results and boost positive results for peak performance. Our mission for this challenge is to encourage healthy eating habits and a disciplined training regimen. This is more than just a challenge, its a lifestyle!

WARNING: This diet entails high protein from a quality source, high-unsaturated fats and low sugar. If you have or think you may have any medical conditions, we recommend you consult your physician before participating. Participant acknowledges that there are risks of personal injury, illness and possible loss of life, and risks to participating in this challenge. Participant voluntarily enters the challenge and assumes all of these risks; and as a condition of entry, agrees to indemnify, defend and hold harmless Zenki Dojo Inc. and affiliated companies, co-sponsoring companies and their affiliates and agencies, and all officers, directors, employees and agents of the aforesaid entities, from any and all claims and costs, including attorneys' fees, relating to, arising from or in connection with participation in this challenge. In so doing, participant releases and indemnifies therefore said entities and individuals from liability for injuries or damages of any kind arising from or in connection with participating in this challenge. In no event shall Zenki Dojo Inc. be liable to a participant for acts or omissions arising out of or related to the challenge or that member's participation in the challenge.

RULES AND PROCEDURES: There is a \$35 buy in to participate in the Zenki Challenge. If participant successfully completes the challenge, \$35 will be returned. If unsuccessful, Zenki Dojo will keep the total amount. To keep track of participants' diets, everyone must adhere to the following:

1. All participants must attend at least 4 classes a week! (Note that all classes are open to join at no additional cost during the 30 day period)
2. Proper gear and Gi (uniform) must be purchased for classes that require.
3. Meals must be logged with myfitnesspal app and/ or posted on Instagram™ tagging #zenkichallenge with ingredients.
4. You must include all three meals (no skipping meals). Lastly, all decisions regarding disqualification of a participant shall be subject to the sole and complete discretion of Zenki Dojo Inc.

CERTIFICATION AND SIGNATURE: I certify that I have received, carefully read and understand and accept the terms of Zenki Dojo Inc. official Zenki Challenge Diet Rules and Entry Form.

Print Name

Signature