

rule

1. General Provisions

Program Duration: Each weight loss challenge cycle lasts for 30 consecutive days.

Enrollment Fee: A non - refundable enrollment fee of \$49 is required for participation in each 30 - day challenge. This fee covers administrative costs, access to exclusive challenge resources, and participation in the reward program.

2. Reward Structure.

- 3% Weight Loss Milestone
 - Reward Amount: \$10
 - Eligibility: Members who achieve a weight loss equal to or greater than 3% of their initial body weight measured at the start of the challenge will be eligible for a \$10 refund.
- 5% Weight Loss Milestone
 - Reward Amount: \$25
 - Eligibility: Members who lose 5% or more of their initial body weight will receive a \$25 refund.
- 7.2% Weight Loss Milestone
 - Reward: Full \$49 refund + Entry into a prize draw
 - Eligibility: Members achieving a weight loss of 7.2% or more of their initial body weight will be entitled to a full refund of the enrollment fee and will automatically be entered into a prize draw. Three (3) winners will be randomly selected to receive wellness - related prizes valued at approximately \$100 each, such as fitness equipment, premium activewear, or nutrition product packages.

3. Measurement and Verification

- Initial Weight Recording: Participants must record and submit their initial weight within 24 hours of enrollment using an approved health tracking application (e.g., Fitbit, Apple Health, MyFitnessPal). These apps are recognized for their accuracy and security in the US market.
- Weekly Weight Checks: Every Sunday at 11:59 PM EST, members are required to log their current weight in the designated #weigh - in channel on the Discord server.
- Verification Process: The community utilizes a custom - built Discord bot that syncs with approved health apps via their official APIs to automatically verify weight data. In case of data discrepancies or technical issues, members can request a manual verification by submitting a video recording (within 3 minutes) of themselves weighing in on a NIST - certified scale.

4. Terms and Conditions

- Health and Liability: By participating in this challenge, members affirm that they are in good health and physically fit to engage in weight loss activities. The challenge organizers, administrators, and related entities shall not be liable for any injuries, illnesses, or other health - related issues that may arise during the challenge period. This clause aligns with common legal practices in the US fitness and wellness industry.
- Data Privacy: Personal and health - related data collected during the challenge will be handled in strict accordance with US data protection laws, including but not limited to the California Consumer Privacy Act (CCPA) where applicable. Data will not be shared with third parties without the explicit consent of the member, except as required by law.
- Community Conduct: Members are expected to adhere to a code of conduct that prohibits harassment, hate speech, spamming, and any other inappropriate behavior. Violation of these rules may result in immediate removal from the community without a refund of the enrollment fee.
- Dispute Resolution: Any disputes related to the challenge, including but not limited to reward eligibility, weight verification, or rule interpretation, will be resolved through arbitration in accordance with the laws of the State of Delaware, which is renowned for its business - friendly legal environment and arbitration procedures.
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