



bodykey  
**STAR**  
CHALLENGE

DAY 60

RM800

DAY 45



285  
POINTS

DAY 30



195  
POINTS

DAY 15



110  
POINTS

DAY 60



DAY 45



285  
POINTS

DAY 30



195  
POINTS

DAY 15



110  
POINTS





## ALL ABOs

## HOW TO JOIN?

### 1 Form Team



Form a team of 3 members and appoint a Team Leader. Everyone must be an ABO.

### 2 Buy BK Jump Start Kit + PWP



This is a 60-day app challenge. All members must buy the BK Jump Start Kit bundle (Cash: 292856/EPP: 292857/ZIPP: 292858) and choose to PWP InBody Dial (292828) or InBodyWATCH (281608 (M/L). **Team Leader must buy the BK Jump Start Kit and PWP InBody Dial.**

### 3 Download BK App



Download and install the BK app (version 2.1) and sync it with your InBody Dial. Once done, all members MUST register for the Challenge on the app.

### 6 Record Weigh-Out Videos



Wear a fitted white t-shirt and record short videos of all team members weighing-out using the InBody Dial. Pictures of each member is also required. A picture collage isn't allowed. Once done, both Leader and members must upload videos and pictures on the site.

#### Notes:

- View Appendix video recording guide.
- Upload period: 27 - 29 August 2020 (10am-10pm)
- 30 August 2020 (10am - 3pm) & (3pm - 10pm for resubmission of rejected entries)
- Challenge ends on 27 August 2020 (9:59am).

### 5 Earn Star Points



Earn the required Star Points by day 15, 30 and 45. To redeem prizes, upload an app screenshot of your Star points earned on the site.

On day 60 (27 August 2020, Wed), each member must meet the minimum 5% weight or 3% fat loss criteria to redeem the final prize.

All prizes will be couriered to Team Leaders only.

### 4 Record Weigh-In Videos and Register Online



Wear a fitted white t-shirt and record short videos of all team members weighing-in using the InBody Dial. Pictures of each member is also required. A picture collage isn't allowed. Once done, Team Leader to visit [www.bodykey.my](http://www.bodykey.my) to register team with member details. Upon successful registration, both Leader and members will then be allowed to edit personal details, upload videos and pictures.

#### Notes:

- View Appendix for site registration and video recording guide.
- Member names (as per IC) used for online site registration and BK app must be the same.
- Site registration period:
  - 22 - 27 June 2020 (10am-10pm)
  - 28 June 2020 (10am - 3pm) & (3pm - 10pm for resubmission of rejected entries)
- Challenge starts 29 June 2020 (10am).

## ABO JOURNEY

### DAY 15

13 July 2020 (Mon)



STAR POINTS

### DAY 30

28 July 2020 (Tue)



STAR POINTS

### DAY 45

12 August 2020 (Wed)



STAR POINTS

### DAY 60

27 August 2020 (Thu)

LOSE 5% WEIGHT OR LOSE 3% FAT

## REWARD FOR EACH MEMBER

DUMBBELL BOTTLE



YOGA MAT



MULTIPURPOSE BACKPACK



WIRELESS EARPODS





## ALL TEAM LEADERS

## HOW TO JOIN?

### 1 Form Team



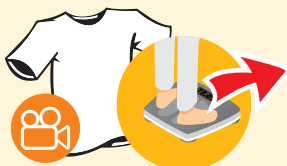
Form a BodyKey Community (minimum 9pax including Team Leader i.e You + 1 New ABO). The Team Leader will earn extra rewards when every member achieves the required Star Points and meets the weight/fat loss criteria.

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## TEAM LEADER JOURNEY

**ABO PRIZES + EXTRA REWARDS!**

Everyone in the community has to:

### DAY 1

29 June 2020 (Mon)



**FORM BODYKEY COMMUNITY**

### DAY 15

13 July 2020 (Mon)



**STAR POINTS**

### DAY 30

28 July 2020 (Tue)



**STAR POINTS**

### DAY 45

12 August 2020 (Wed)



**STAR POINTS**

### DAY 60

27 August 2020 (Thu)

**LOSE 5% OR 3% WEIGHT OR FAT**

### REWARD FOR EACH LEADER

#### 3X BODYKEY WARRIOR BOOT CAMP TICKETS

The 2-day paid boot camp will be packed with expert speakers, product demos and lined up with the latest BK news.

#### INBODY DIAL



#### HUAWEI TABLET



#### VLOGGING CAMERA



#### ZALORA CASH VOUCHER RM800

**RM800**

For further clarification, please read the terms and conditions at [www.bodykey.my](http://www.bodykey.my)

## WHEN TO EARN POINTS?

★ Step Challenge Points

★ Photo Challenge Points

★ Video Challenge Points

★ EZ Training Points

Earn up to 3 points daily completing 3 different workouts.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUN 22	JUN 23	JUN 24	JUN 25	JUN 26	JUN 27	JUN 28
Star Challenge App & Website Registration and Weigh-In Period						
JUN 29 ★ 1 ★ 3 ★ 5 ★ 5 ★ 5 ★ 5	JUN 30 ★ 1 ★ 3	JUL 1 ★ 1 ★ 3	JUL 2 ★ 1 ★ 3	JUL 3 ★ 1 ★ 3	JUL 4 ★ 1 ★ 3	JUL 5 ★ 1 ★ 3
JUL 6 ★ 1 ★ 3 ★ 5 ★ 5 ★ 5 ★ 5	JUL 7 ★ 1 ★ 3	JUL 8 ★ 1 ★ 3	JUL 9 ★ 1 ★ 3	JUL 10 ★ 1 ★ 3	JUL 11 ★ 1 ★ 3	JUL 12 ★ 1 ★ 3
JUL 13 ★ 1 ★ 3 ★ 5 ★ 5 ★ 5	JUL 14 ★ 1 ★ 3	JUL 15 ★ 1 ★ 3	JUL 16 ★ 1 ★ 3	JUL 17 ★ 1 ★ 3	JUL 18 ★ 1 ★ 3	JUL 19 ★ 1 ★ 3
JUL 20 ★ 1 ★ 3 ★ 5 ★ 5 ★ 5	JUL 21 ★ 1 ★ 3	JUL 22 ★ 1 ★ 3	JUL 23 ★ 1 ★ 3	JUL 24 ★ 1 ★ 3	JUL 25 ★ 1 ★ 3	JUL 26 ★ 1 ★ 3
JUL 27 ★ 1 ★ 3 ★ 5 ★ 5 ★ 5	JUL 28 ★ 1 ★ 3	JUL 29 ★ 1 ★ 3	JUL 30 ★ 1 ★ 3	JUL 31 ★ 1 ★ 3	AUG 1 ★ 1 ★ 3	AUG 2 ★ 1 ★ 3 ★ 5
AUG 3 ★ 1 ★ 3 ★ 5 ★ 5 ★ 5	AUG 4 ★ 1 ★ 3	AUG 5 ★ 1 ★ 3	AUG 6 ★ 1 ★ 3	AUG 7 ★ 1 ★ 3	AUG 8 ★ 1 ★ 3	AUG 9 ★ 1 ★ 3
AUG 10 ★ 1 ★ 3 ★ 5 ★ 5 ★ 5	AUG 11 ★ 1 ★ 3	AUG 12 ★ 1 ★ 3	AUG 13 ★ 1 ★ 3	AUG 14 ★ 1 ★ 3	AUG 15 ★ 1 ★ 3	AUG 16 ★ 1 ★ 3
AUG 17 ★ 1 ★ 3 ★ 5 ★ 5 ★ 5	AUG 18 ★ 1 ★ 3	AUG 19 ★ 1 ★ 3	AUG 20 ★ 1 ★ 3	AUG 21 ★ 1 ★ 3	AUG 22 ★ 1 ★ 3	AUG 23 ★ 1 ★ 3
AUG 24 ★ 1 ★ 3	AUG 25 ★ 1 ★ 3	AUG 26 ★ 1 ★ 3	AUG 27 ★ 1 ★ 3 ★ 5	AUG 28	AUG 29	AUG 30
Star Challenge Weigh-Out Period						

DAY 60  
STAR CHALLENGE  
ENDS

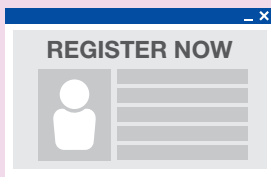


# APPENDIX

## STAR CHALLENGE ONLINE REGISTRATION, RECORD WEIGH-IN VIDEOS & TAKE 'BEFORE' PICTURES

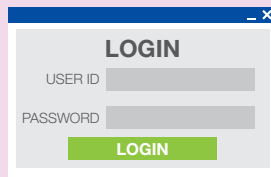
1

Team Leader to register a new Star Challenge account. Insert your personal details on the registration page and upload receipts as proof of BodyKey purchases.



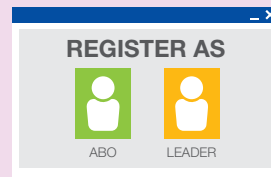
2

Once Team Leader's account verification is successful, he/she will receive an email within 24 hours with an auto-generated ID and password that they can use to log into their account.



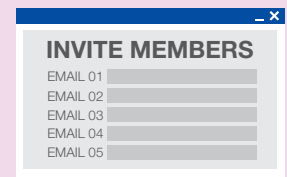
3

Team Leader to log in and choose category: ABO Journey or Leader Journey.



4

You will then be directed to an invitation page where you are required to fill ONLY the email addresses of all team members.



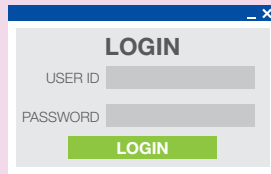
8

Each team member is required to fill their personal details which include name, IC number, age, gender, contact number, email address and current home address.



7

Each team member must then click on the online registration link and login.



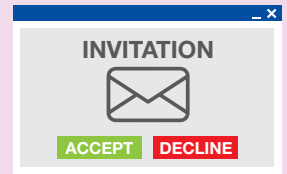
6

When a team member accepts the invite, each will receive a notification email with website registration link, login ID and password.



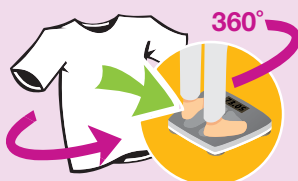
5

An invite will be emailed to all team members. Team members can accept/reject this invite.



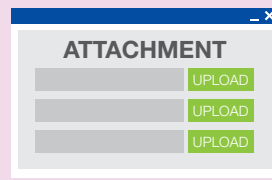
9

Each member is required to record a 360° video (using any digital device) of them measuring their weight or fat % using the InBody Dial. The video must show the weight or fat % on your scale. Once both Leader and members are done with the videos, please take a picture of yourself in a **fitted white t-shirt**. A picture collage of Leader and team members ISN'T allowed. Please take individual videos and pictures of each team member.



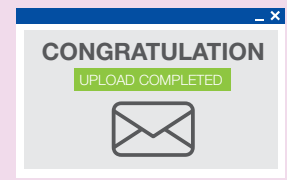
10

Once all videos and pictures are compiled, click on profiles and upload. If a member requires help in editing & uploading, only the Team Leader has permission to do so. Just click on your team member's profile to edit and upload.



11

If the video and pictures were successfully uploaded, each team member will be notified via email within 24 hours.



## STAR POINTS REDEMPTION

1

Each member to login to the same website using their Login ID & Password.



2

Once logged in, they will be directed to the Dashboard/Main Page with all member details.



3

All members are required to take a screenshot of their Star Points from the BodyKey app for day 15, 30 and 45.



4

Once you have your app screenshots, choose your profile on the site. Upload app screenshots under your profile using the upload screenshot button. If you wish to help your team members upload their screenshots, click on your team member's profile and upload.



5

Once app screenshots are uploaded; members will be notified via email within 24 hours.

## RECORD WEIGH-OUT VIDEOS AND TAKE 'AFTER' PICTURES

1

Each member to login to the same website using their Login ID & Password.



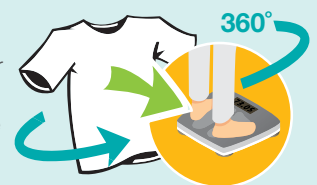
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