

ARE YOU READY?

Period: 1 September 2023 to 31 August 2024

Complete Pre-Assessment(Weigh-In) by 30 June 2024

Gut Fit Challenge



**Weight
Loss**

OR



**Body Fat
Loss**

OR



**Muscle Mass
Gain**

**Achieve your weight management goals
& stand a chance to win prizes as a Team!**

**Gut Fit
Wellness Adventure**



**Achieve the Criteria and embark on the
Wellness Adventure(s) with us!**

For more info:



Click to view each
section

GUT FIT CHALLENGE

Period: 1 September 2023 to 31 August 2024 (Complete Pre-Assessment(Weigh-In) by 30 June 2024)

Kickstart your weight management journey with your team anytime!

1 Form a team of 3 (ABO/APC)



2 Purchase any BodyKey Bundle

START PACK
AP \$580.50 to \$600.00



GUT FIT PACK 1/2/3
AP \$764.50 to \$893.00



GUT FIT BUILD YOUR OWN (BYO) Pack
*AP \$750



*Selected list of products

Purchase must be made under the participant and is non-transferrable.

3 60 Days Challenge



Pre-Assessment (Weigh-In) from Sep 2023

Post-Assessment (Weigh-Out) :

55th to 60th day from Pre-Assessment (Weigh-In)

Achieve & Win prizes as a Team



Weight Loss

OR



Body Fat Loss

OR



Muscle Mass Gain

The pricing stated above is effective from 1 Jan 2024 onwards.



Available from 1 Jan 2024, 10:00AM

316797 Gut Fit Pack 1

Available in *ZIPP/EPP/BNPL payment modes



Select your favourite flavours!

Nutrilite Protein Drink Mix: All Plant (450g), Mixed Berries, Green Tea, Chocolate

BodyKey Meal Replacement Shake: Berry, Chocolate, Café Latte, Milk Tea*

**while stocks last.*



BNPL Available



EPP & ZIPP Available

Gut Fit Pack 1 consists of:

- Meal Replacement Shake 14 pouches (3 boxes)
- Protein Drink Mix 450g/500g (3 canisters)
- Double X Tray or Refill (2 boxes)
- Mixed Fiber Powder 30 sticks (2 boxes)
- Balance Within Probiotics 30 sticks (2 boxes)
- Advanced Omega 60 soft gels (1 bottle)
- **FREE** - Green Shaker 28oz (1 bottle)
- **FREE** - All Plant Protein 3pk sampler (2 packs)
- **FREE** – Protein Scoops (3 scoops)

AP\$775.50 – \$795.00

RP\$973.50 – \$997.50

PV355.8 – 364.9

BV711.4 - 729.1

For more info:



Available in ZIPP/EPP/BNPL payment modes.

The pricing stated above is effective from 1 Jan 2024 onwards.



Available from 1 Jan 2024, 10:00AM

318180 Gut Fit Pack 2

Available in *ZIPP/EPP/BNPL payment modes



Select your favourite flavours!

Nutrilite Protein Drink Mix: All Plant (450g), Mixed Berries, Green Tea, Chocolate

BodyKey Meal Replacement Shake: Berry, Chocolate, Café Latte, Milk Tea*

*while stocks last



BNPL Available



EPP & 6 Months ZIPP Available

Gut Fit Pack 2 consists of:

- Meal Replacement Shake 14 pouches (2 boxes)
- All Plant Protein Powder 900g (2 canisters)
- Protein Drink Mix 450g/500g (1 canister)
- Double X Refill (1 box)
- Mixed Fiber Powder 30 sticks (2 boxes)
- Balance Within Probiotics 30 sticks (2 boxes)
- Advanced Omega 60 soft gels (1 bottle)
- Slimmetry 60 tabs (1 bottle)
- Vitamin B Dual-Action 120 tabs (1 bottle)
- XS Ignite Powder (1 box)
- **FREE** - Green Shaker 28oz (1 bottle)
- **FREE** - All Plant Protein 3pk sampler (3 packs)
- **FREE** – Protein Scoops (3 scoops)

For more info:



Shop Now

*ZIPP – 6 months

AP\$885.50 – \$890.00

RP\$1,112.50 - \$1,118.50

PV406.5 – 408.5

BV812.4 – 816.5

The pricing stated above is effective from 1 Jan 2024 onwards.



Available Now!

318181 Gut Fit Pack 3

Available in *ZIPP/EPP/BNPL payment modes



Select your favourite flavours!

Nutrilite Protein Drink Mix: All Plant (450g), Mixed Berries, Green Tea, Chocolate

BodyKey Meal Replacement Shake: Berry, Chocolate, Café Latte, Milk Tea*

**while stocks last.*



BNPL Available



EPP & 6 Months ZIPP Available

Gut Fit Pack 3 consists of:

- Meal Replacement Shake 14 pouches (5 boxes)
- All Plant Protein Powder 900g (1 canister)
- Protein Drink Mix 450g/500g (1 canister)
- Double X Refill (1 box)
- Mixed Fiber Powder 30 sticks (2 boxes)
- Balance Within Probiotics 30 sticks (2 boxes)
- **FREE** - Green Shaker 28oz (1 bottle)
- **FREE** - All Plant Protein 3pk sampler (2 packs)
- **FREE** – Protein Scoops (2 scoops)

For more info:



Shop Now

*ZIPP – 6 months

AP\$764.50 – \$769.00

RP\$960.00 – \$966.00

PV350.8 – 352.9

BV701.3 – 705.4

The pricing stated above is effective from 1 Jan 2024 onwards.



Available Now!

Start Pack | 312582

*ZIPP, EPP, BNPL



Select your favourite flavours!

Nutrilite Protein Drink Mix: All Plant (450g), Mixed Berries, Green Tea, Chocolate

BodyKey Meal Replacement Shake: Berry, Chocolate, Café Latte, Milk Tea*

**while stocks last.*

Packed with essential nutrients and fibres, Start Pack supports your start to your weight management and fitness journey.

Receive a Complimentary Nutrilite Green Shaker 28oz with the purchase of the BodyKey Start Pack! While stocks last.

Start Pack contains:

- BodyKey Meal Replacement Shake (3 boxes)
- Nutrilite Protein Drink Mix (3 canisters)
- New Advanced Nutrilite Double X Tray or Refill (2 boxes)
- Nutrilite Mixed Fibre Chewable Tablets (2 bottles)
- Protein Scoop (3 pieces)
- **FREE** - Nutrilite Green Shaker 28oz (1 bottle)

**ZIPP – 6 months*

AP\$580.50 - \$600.00

RP\$729.00 - \$753.00

PV 266.4 - 275.5

BV 532.6 - 550.3



BNPL Available



EPP & 6 Months ZIPP Available



Available Now!

Gut Fit Build Your Own (BYO) List

Purchase at least AP\$750 from the list below to participate in the GUT FIT CHALLENGE!

Maximum 3 receipts allowed.

NEW

BYO list – select any of the below

- Protein (any)
 - Nutrilite Protein Drink Mix
 - All Plant (450g/900g)
 - Nutrilite Protein Drink Mix Mixed Berries,
 - Nutrilite Protein Drink Mix Green Tea,
 - Nutrilite Soy Protein Drink Mix Chocolate
- Meal Replacement (any)
 - Berry,
 - Chocolate,
 - Café Latte,
 - Milk Tea* (*while stocks last)
- Fiber Powder
- Balance Within Probiotic
- Slimmetry 60tabs
- Glucose Health 120caps
- New Advanced Double X Tray/Refill
- Daily 180tabs
- Advanced Omega 60 soft gels
- Lecithin E 270tabs
- CH Balance 60sg
- CoEnzyme Q10 60caps
- Vitamin B Dual-Action 120tabs
- Joint Health 120tabs
- Joint Booster with Protein 450g
- CB Plus 90tabs
- Mixed Fibre Chewable Tablets 60tabs
- XS Ignite Powder 30sticks
- Mixed Soy Protein & Lecithin with Vitamin E 420g
- XS Muscle Multiplier 30sticks

For more info:



GUT FIT CHALLENGE

ABOs/APCs

Period: 1 September 2023 to 31 August 2024

Complete Pre-Assessment(Weigh-In) by 30 June 2024

UPON COMPLETION OF PRE-ASSESSMENT (WEIGH-IN) AS A TEAM

Team of 3 ABO/APC

Each participant receive:



**Nutrilite 90th Anniversary
Neck Fan (1 ea)**
Worth \$25

Team with 1 or more *new ABO/APC



Each participant additionally receive:

**BodyKey Meal Replacement
Milk Tea (3 Pouches)**

**NEW ABO/APC who sign up within 90 days before Pre-Assessment(Weigh-in).*

UPON COMPLETION OF POST-ASSESSMENT (WEIGH-OUT) AS A TEAM

Each participant will receive:



**Nutrilite X Blender
Strada Stainless Steel
Bottle 24oz (1 ea)**
worth \$40

**Images are for illustration purposes only. Amway reserves the right to change and amend the gifts.*

GUT FIT CHALLENGE

Period: 1 September 2023 to 31 August 2024

Complete Pre-Assessment(Weigh-In) by 30 June 2024

Team Winning Criteria

Achieve & Win as a Team (one of the category below)

Weight Loss -12%	Body Fat Loss -9%	Muscle Mass Gain +6%
*Each participant must lose at least 2%	*Each participant must lose at least 2%	*Each participant must gain muscles mass at least 1%.

*To meet team winning criteria, each participant in the team must at least meet the minimum criteria of the category.

How to calculate?

Weight Loss

- Each participant: $[(\text{Weigh In Weight (kg)} - \text{Weigh Out Weight (kg)}) / \text{Weigh In Weight (kg)}] * 100\%$
- Sum of the above for 3 participants

Body Fat Loss

- Each participant: $\text{Weigh In Body Fat \%} - \text{Weigh Out Body Fat \%}$
- Sum of the above for 3 participants

Muscle Mass Gain

- Each participant: $[(\text{Weigh-Out Muscle Mass (kg)} / \text{Weigh-Out Weight}) * 100\%] - [(\text{Weigh-In Muscle Mass (kg)} / \text{Weigh-In Weight}) * 100\%]$
- Sum of the above for 3 participants

Prizes

When Team winning criteria is achieved, each participant gets 1 set of prizes:



Choose 1 (green/ purple)



- Total worth \$135:
- BodyKey Snack Bar Seaweed (1ea)
 - Nutrilite Juicer Blending Cup 400ml (1ea - Purple or Green)
 - Nutrilite Foldable Yoga Mat with Bag (1ea)
 - Amway S\$50 Shopping eCoupon (1ea)

Images are for illustration purposes only.
Amway reserves the right to change and amend the prize list.

GUT FIT CHALLENGE

Period: 1 September 2023 to 31 August 2024

Complete Pre-Assessment(Weigh-In) by 30 June 2024

Book Your Appointment Prior to Measurement

- URL: https://calendly.com/bodykey_gutfit_challenge
- Choose your desired weigh in/ out slot
- A confirmation of appointment will be sent to you via email/SMS

Note:

All participants are required to book appointment via Calendly in advance before proceeding to Amway City Shop for weigh-in or weigh-out.

- Participants without prior appointment confirmation via Calendly will be denied.
- Be punctual for the appointment. Late arrival may result in refusal of measurement. If an appointment is late by 10 minutes or more, please rebook the appointment.
- Early weight out is allowed; measurements taken 5 days prior actual weigh out date – 60th day from weigh in.

Pre-Assessment (Weigh-In)

1 September 2023 – 30 June 2024

Post-Assessment (Weigh- Out)

26 October 2023 – 31 August 2024



11.15am – 8.30pm

**Last appointment at 8.30pm*

HOW

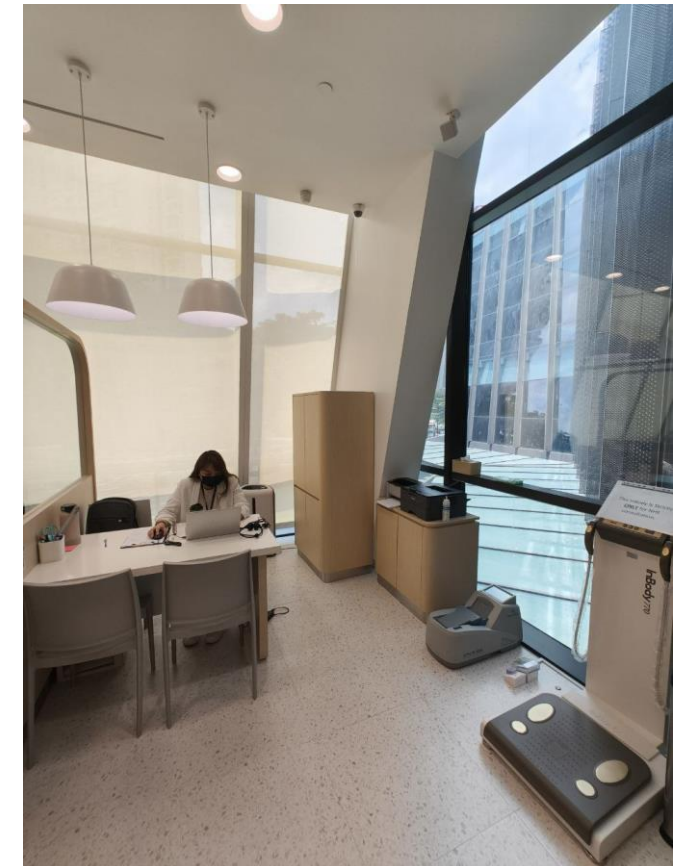
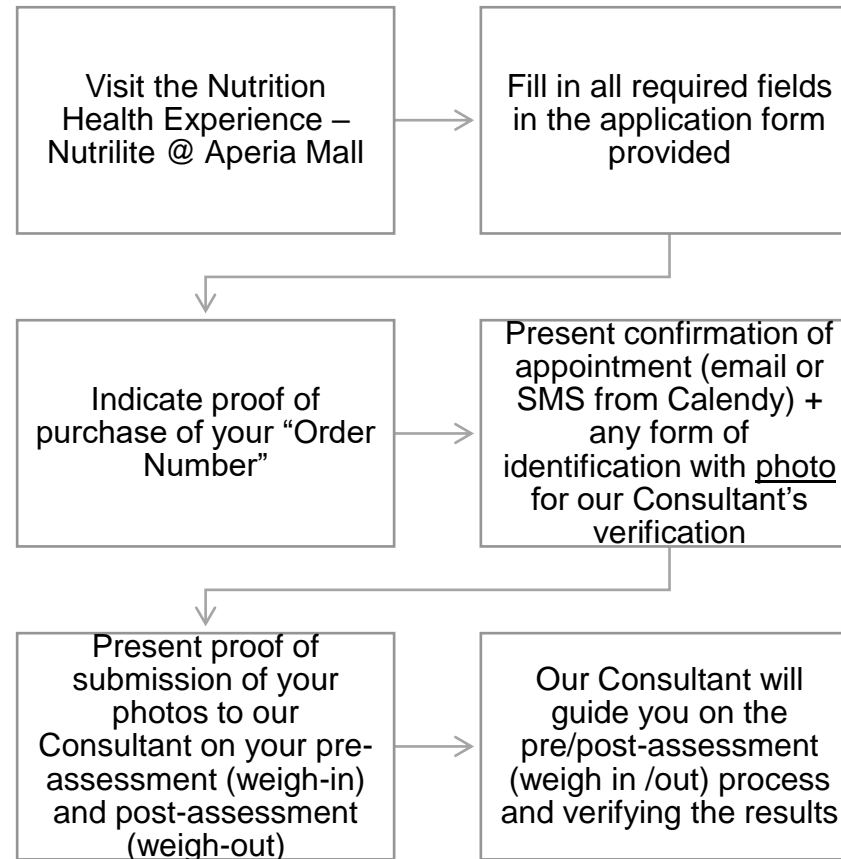
Joining the Challenge

WEIGH-IN/OUT ROADMAP



To join the challenge:

- Purchase either Start Pack or Gut Fit Pack 1/2/3 or AP\$750 Gut Fit Build Your Own List of Products (up to 3 receipts)



Station 1: Registration Station

HOW

Joining the Challenge

WEIGH-IN/OUT ROADMAP

1. Complete the Form with the required information boxed in red.
2. For team(s) who do not have a Gut Fit Coach ID, you may leave it blank.
3. Take your “Before” photo.
4. Approach our Consultant to assist on your weigh-in measurement.



Please remember to book your appointment prior to your weigh-in measurement!

Application Form (sample)

WEIGH IN		GUT FIT COACH ID	
TEAM LEADER AND TEAM NAME		MOBILE AND EMAIL	
1. PARTICIPANT'S NAME:		MOBILE NO.:	
ORDER NUMBER	ABO NUMBER	MEASURE DATE	HEIGHT
MEASUREMENTS		ABO SIGNATURE	STAFF SIGNATURE
WEIGHT (KG)			
BODY FAT (%)			
MUSCLE MASS (KG)			
2. PARTICIPANT'S NAME:		MOBILE NO.:	
ORDER NUMBER	ABO NUMBER	MEASURE DATE	HEIGHT
MEASUREMENTS		ABO SIGNATURE	STAFF SIGNATURE
WEIGHT (KG)			
BODY FAT (%)			
MUSCLE MASS (KG)			
3. PARTICIPANT'S NAME:		MOBILE NO.:	
ORDER NUMBER	ABO NUMBER	MEASURE DATE	HEIGHT
MEASUREMENTS		ABO SIGNATURE	STAFF SIGNATURE
WEIGHT (KG)			
BODY FAT (%)			
MUSCLE MASS (KG)			

For illustration purpose only

HOW

Joining the Challenge

WEIGH-IN/OUT ROADMAP

Station 2: Photo taking & Submission



1. Take photo (individual/ team) who are taking part in the Gut Fit Challenge
 - ✓ Front and side view
 - ✓ Ensure clear visibility of participant's face and body (refer example in next page)
2. Submit your team photos via email at sgfeedback@amway.com
 - ✓ Indicate team's name and individual participant's name



Dress in casual attire.
Avoid accessories and additional outer wear (example: caps, sunglasses, jackets, coats etc)

Note: Self-managed photo taking

HOW

Joining the Challenge

WEIGH-IN/OUT
ROADMAP

Station 2:
Photo taking & Submission

Example:

FRONT VIEW



SIDE VIEW



Good 😊

HOW

Joining the Challenge

WEIGH-IN/OUT ROADMAP



Station 3: Measurement Station

1. Sanitize your hands
2. Remove all accessories and empty pockets before standing onto the InBody Weighing Machine
3. Place both feet and hands on the sensors metal plates
4. Upon complete measuring, sanitize the foot metal plates and contacted surface area
5. Write your name and team's name on the printed result slip and pass to our Consultant (You may take photo of your results slip for reference)



Note: Any measurement taken without our Consultant's verification will be deemed invalid.

Note: Our Consultant reserves the right to request participants removal of accessories and items in pockets. We seek all participants kind understanding and cooperation.

Remember to collect your belongings before leaving.
Amway Singapore is not liable for any loss, damage of belongings.

您准备好了吗?

时期：2023年9月1日至2024年7月31日
(最后赛后测量日：2024年5月31日)

Gut Fit 挑战

Gut Fit
健康探险旅游



减体重

或



减体脂

或



增肌肉



实现您的体重管理目标，并赢取团队奖励的机会正在等待着您!

满足获奖条件，与我们一同踏上健康探险旅游!

详细信息:



点击查看各部分

GUT FIT 挑战

ABOs/APCs

时期：2023年9月1日至2024年8月31日（最后赛后测量日：2024年6月30日）

随时与您的团队开启体重管理之旅！

1 组合3人团队 (ABO/APC)



2 购买任何 BodyKey 配套

启动配套
AP \$580.50 至 \$600.00



GUT FIT 配套 1/2/3
AP \$764.50 至 \$893.00



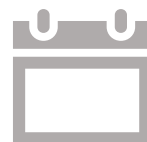
GUT FIT
BUILD YOUR OWN
(BYO) 配套
*AP \$750



*精选 Gut Fit 清单

购买必须在参与者自己的账户下完成，并不可转让。

3 60 天挑战



赛前测量将从2023年9月开启
赛后测量：赛前测量后的第55至60天。

与团队一同赢得奖励！



减体重

或



减体脂

或



增肌肉

以上所述的价格将在2024年1月1日起生效。



自2024年1月1日10:00AM起销售!

316797 Gut Fit 配套 1 可使用 *ZIPP/EPP/BNPL 付款方式



选择您喜爱的口味!

Nutrilite 蛋白质饮料: 可选全素、浆果味、绿茶味或巧克力味
营养代餐饮料: 可选奶茶味 (售罄即止)、浆果味、巧克力味或咖啡牛奶味



可使用 BNPL



可使用 EPP & ZIPP

Gut Fit 配套1包括:

- 营养代餐饮料 (3盒)
- 大豆蛋白质饮料 450克/500克 (3罐)
- Nutrilite Double X 托盘或补充装 (2盒)
- 综合纤维粉 (2盒)
- 强效复合益生菌 (2盒)
- 精粹欧米伽 - 60 粒软胶囊 (1瓶)
- 获赠 GWP - 绿色摇摇杯 28oz (1瓶)
- 获赠 GWP - 全素蛋白质粉3条包 (2包)
- 获赠 GWP - 蛋白质粉勺子 (3个)

详细信息:



AP\$775.50 – \$795.00

RP\$973.50 – \$997.50

PV355.8 – 364.9

BV711.4 - 729.1

以上所述的价格将在2024年1月1日起生效。



自2024年1月1日10:00AM起销售!

318180 Gut Fit 配套 2
可使用 *ZIPP/EPP/BNPL 付款方式



选择您喜爱的口味!

Nutrilite 蛋白质饮料: 可选全素、浆果味、绿茶味或巧克力味

营养代餐饮料: 可选奶茶味 (售罄即止)、浆果味、巧克力味或咖啡牛奶味



可使用
BNPL



可使用 EPP & ZIPP
- 6个月

Gut Fit 配套2包括:

- 营养代餐饮料 14 包 (2盒)
- 全素蛋白质粉 900克 (2罐)
- 大豆蛋白质饮料 450克/500克 (1罐)
- Double X 补充装 (1盒)
- 综合纤维粉 (2盒)
- 强效复合益生菌 (2盒)
- 精粹欧米伽 - 60 粒软胶囊 (1瓶)
- 绿纤脂 60粒 (1瓶)
- 双效维生素 B 120 锭片 (1瓶)
- XS Ignite 超燃红橙饮 (1盒)
- 获赠 GWP - 绿色摇摇杯 28oz (1瓶)
- 获赠 GWP - 全素蛋白质粉3条包 (3包)
- 获赠 GWP - 蛋白质粉勺子 (3个)

详细信息:



*ZIPP - 6个月

AP\$885.50 - \$890.00

RP\$1,112.50 - \$1,118.50

PV406.5 - 408.5

BV812.4 - 816.5

以上所述的价格将在2024年1月1日起生效。



现已销售!

318181 Gut Fit 配套 3
可使用 *ZIPP/EPP/BNPL 付款方式



选择您喜爱的口味!

Nutrilite 蛋白质饮料: 可选全素、浆果味、绿茶味或巧克力味

营养代餐饮料: 可选奶茶味 (售罄即止)、浆果味、巧克力味或咖啡牛奶味



可使用
BNPL



可使用 EPP & ZIPP
- 6个月

BodyKey Gut Fit 配套3包括:

- 营养代餐饮料 14 包 (5盒)
- 全素蛋白质粉 900克 (1罐)
- 大豆蛋白质饮料 450克/500克 (1罐)
- Double X 补充装 (1盒)
- 综合纤维粉 (2盒)
- 强效複合益生菌 (2盒)
- 获赠 GWP - 绿色摇摇杯 28oz (1瓶)
- 获赠 GWP - 全素蛋白质粉3条包 (2包)
- 获赠 GWP - 蛋白质粉勺子 (2个)

详细信息:



*ZIPP - 6个月

AP\$764.50 – \$769.00

RP\$960.00 – \$966.00

PV350.8 – 352.9

BV701.3 – 705.4

以上所述的价格将在2024年1月1日起生效。



现已销售!

启动配套 | 312582

*ZIPP, EPP, BNPL



选择您喜爱的口味!

Nutrilite 蛋白质饮料: 可选全素、浆果味、绿茶味或巧克力味

营养代餐饮料: 可选奶茶味 (售罄即止)、浆果味、巧克力味或咖啡牛奶味

启动配套富含必要的营养素以及纤维, 为您的体重管理, 健身之旅提供重要的支助。

购买 启动配套即可获得免费的 Nutrilite 绿色摇摇杯 28oz。售罄即止。

BodyKey 启动配套包含:

- 营养代餐饮料 (3盒)
- Nutrilite 大豆蛋白质饮料 (3罐)
- 全新 Nutrilite Double X 托盘或补充装 (2盒)
- Nutrilite 多种纤维口嚼片 (2瓶)
- 获赠 GWP - 蛋白质勺 (3勺)
- 获赠 GWP - Nutrilite 绿色摇摇杯 28oz (1瓶)

*ZIPP - 6个月

AP\$580.50 - \$600.00

RP\$729.00 - \$753.00

PV 266.4 - 275.5

BV 532.6 - 550.3



可使用
BNPL



可使用 EPP & ZIPP
- 6个月

现已销售!

Gut Fit Build Your Own (BYO) 清单

从以下清单购买至少 AP\$750 即可获得资格参与 **Gut Fit 挑战!**
 最多可组合3张收据。

新

BYO 清单：选择以下任何一个

- 大豆蛋白质饮料 (任何一个)
 - Nutrilite 蛋白质饮料：可选全素、浆果味、绿茶味或巧克力味
- 营养代餐饮料 (任何一个)
 - 奶茶味 (售罄即止)、浆果味、巧克力味或咖啡牛奶味
- 综合纤维粉
- 强效复合益生菌
- 绿纤脂 (60粒)
- 衡醣胶 (120粒)
- 全新 Nutrilite Double X 托盘或补充装
- Daily 180 综合维他命和矿物质
- 精粹欧米伽 - 60 粒软胶囊
- 卵磷脂 E (270粒)
- CH Balance 绿茶精华 (60颗软囊)
- 综合辅酶 Q10 Plus (60粒丸片)
- 双效维生素 B (120 锭片)
- 健络精华 (120 锭片)
- 关节灵蛋白粉 (450克)
- 天然纤体锭 (90粒)
- 多种纤维口嚼片 (60粒)
- XS Ignite 超燃红橙饮 (30条)
- 大豆磷脂维生素E粉 420克
- XS 增肌易 30条

详细信息:



立即购物



BYO 清单

GUT FIT 挑战

ABOs/APCs

时期：2023年9月1日至2024年8月31日（最后赛后测量日：2024年6月30日）

团队全员完成赛前测量后

3人的 ABO/APC 团队
每位参与者将获得：



价值\$25 的
Nutrilite 90周年纪念
项链风扇 (1个)

拥有多过一名 * 新ABO/APC的团队



每位参与者将额外获得：
**BodyKey 营养代餐饮料
奶茶口味 (3包)**

* 新 ABO 或 APC 是指在赛前测量 90天内加入安利的人。

团队全员完成赛后测量后

每位参与者将获得：



价值\$40的
**Nutrilite X Blender
Strada不锈钢水瓶，24
盎司 (1个)**

*图片仅供参考。安利保留更改和修改礼品的权利。

GUT FIT 挑战

ABOs/APCs

时期：2023年9月1日至2024年8月31日（最后赛后测量日：2024年6月30日）

团队获奖条件

与团队一同赢得奖励 (其中一个类别)

减体重 -12%	减体脂 -9%	增肌肉 +6%
* 每位参与者的体重减少 2%	* 每位参与者的体重减少 2%	* 每位参与者的肌肉量增加 1%

*团队中的每位参与者至少必须满足以上类别的最低标准，才可以满足团队获胜条件。

如何计算？

减体重

- 每位参与者: $[(\text{赛前测量体重 (公斤)} - \text{赛后测量体重 (公斤)}) / \text{赛前测量体重 (公斤)}] * 100\%$
- 三名参与者的以上总和

减体脂

- 每位参与者: $\text{赛前测量体脂率} \% - \text{赛后测量体脂率} \%$
- 三名参与者的以上总和

增肌肉

- 每位参与者: $[(\text{赛后测量肌肉量 (公斤)} / \text{赛后测量体重}) * 100\%] - [(\text{赛前测量肌肉量 (公斤)} / \text{赛前测量体重}) * 100\%]$
- 三名参与者的以上总和

奖励

当团队达到获奖标准后，每名参与者将获得一份奖励：



选择一个 (绿 / 紫)

总价值 \$135:

- BodyKey 营养能量棒 - 藜麦海苔口味 (1个)
- Nutrilite 榨汁搅拌杯 400毫升 (1个 - 紫色或绿色)
- Nutrilite 可折叠瑜伽垫带包装 (1个)
- 安利S\$50e固本 (1个)

*图片仅供参考。
安利保留更改和修改礼品的权利。

GUT FIT 挑战

时期：2023年9月1日至2024年8月31日（最后赛后测量日：2024年6月30日）

预定测量日期

- 链接: https://calendly.com/bodykey_gutfit_challenge
- 选择测量时隙
- 您将会收到电子邮件 / 短讯确认预约

注：所有参赛者必须在前往安利新加坡城市专卖店提前通过 Calendly 预约测量时隙。

- 未收到预约确认的参赛者将被拒绝。
- 请您准时到达，若您迟到10分钟以上，您将有可能被拒绝测量。若您不能在预约时间后的10分钟内到达，请您重新预约。
- 允许提前进行赛后测量；可以在实际赛后测量日期之前的5天内进行测量 - 即从赛前测量后的第60天。

赛前测量

2023年9月1日 – 2024年6月30日

赛后测量

2023年10月26日 – 2034年8月31日



11.15am – 8.30pm

**最后预约时间为 8.30pm*

如何

加入挑战

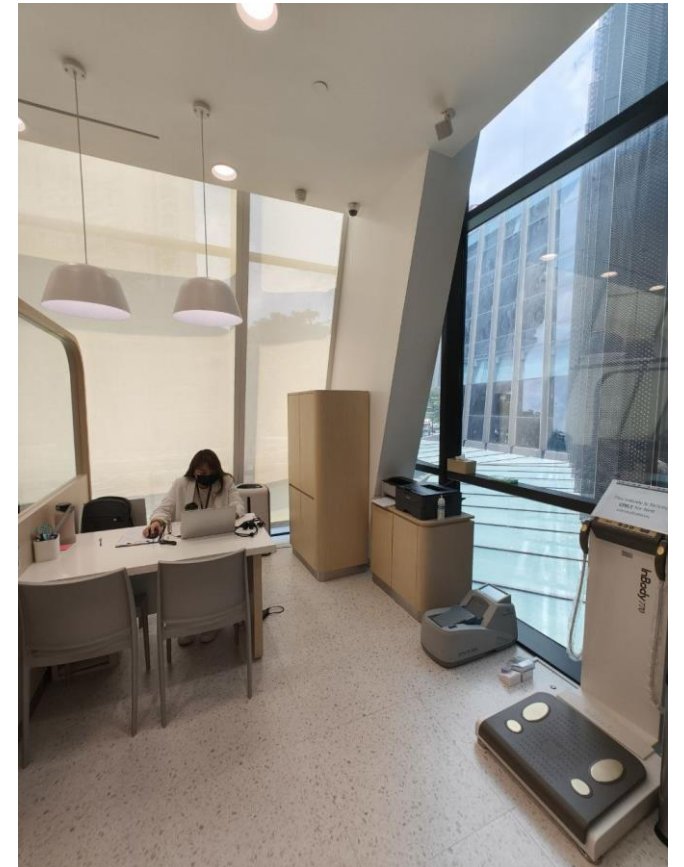
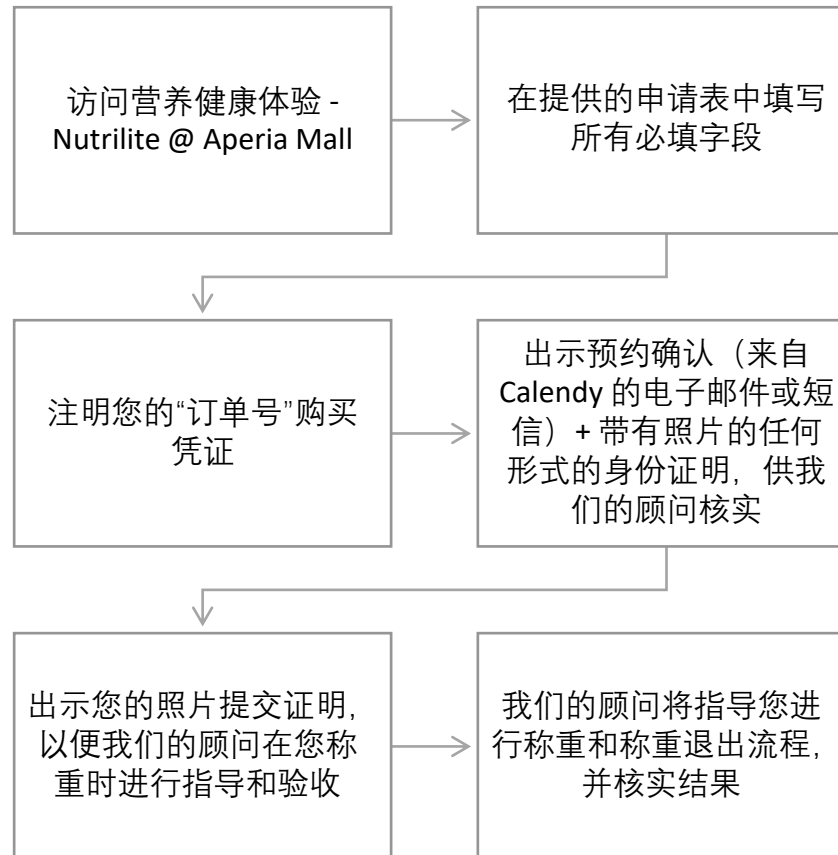
赛前赛后测量 指示

第1站: 报名



如何加入挑战:

- 购买 启动配套或 Gut Fit 配套或从 Gut Fit BYO 清单购买 AP\$750 的产品 (最多3张收据)



如何

加入挑战

赛前赛后测量 指示

1. 请填写表格，将所需的红色框中的信息完整填写。
2. 对于没有 Gut Fit 教练ID的团队，您可以将其留空。
3. 拍摄您的“赛前”照片。
4. 请找我们的顾问协助您进行称重测量。



请记得在进行赛前测量前提前
预约!

报名表 (例子)

WEIGH IN		GUT FIT COACH ID	
TEAM LEADER AND TEAM NAME		MOBILE AND EMAIL	
1. PARTICIPANT'S NAME:		MOBILE NO.:	
ORDER NUMBER	ABO NUMBER	MEASURE DATE	HEIGHT
MEASUREMENTS		ABO SIGNATURE	STAFF SIGNATURE
WEIGHT (KG)			
BODY FAT (%)			
MUSCLE MASS (KG)			
2. PARTICIPANT'S NAME:		MOBILE NO.:	
ORDER NUMBER	ABO NUMBER	MEASURE DATE	HEIGHT
MEASUREMENTS		ABO SIGNATURE	STAFF SIGNATURE
WEIGHT (KG)			
BODY FAT (%)			
MUSCLE MASS (KG)			
3. PARTICIPANT'S NAME:		MOBILE NO.:	
ORDER NUMBER	ABO NUMBER	MEASURE DATE	HEIGHT
MEASUREMENTS		ABO SIGNATURE	STAFF SIGNATURE
WEIGHT (KG)			
BODY FAT (%)			
MUSCLE MASS (KG)			

如何 加入挑战

赛前赛后测量 指示



第2站: 照相与提交照片

1. 所有参与 Gut Fit 挑战的参赛者需照相与提交照片
 - ✓ 正面与侧面
 - ✓ 请确保能清楚看见参赛者的面容与身体 (请查看以下例子)
2. 用电子邮件把队伍照片提交到 sgfeedback@amway.com
 - ✓ 请备注队名以及所有参赛者的名字



请穿轻装。
尽量避免多余的配件与外衣 (列如:
帽子, 太阳眼镜, 外套, 夹克等)

注: 需自行照相

如何

加入挑战

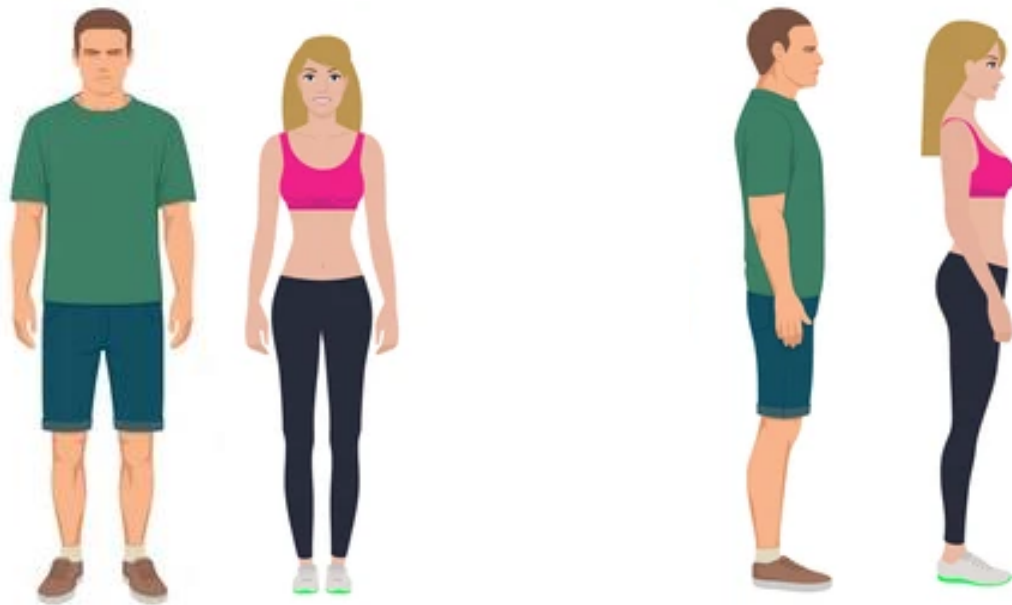
赛前赛后测量
指示

第2站:
照相与提交照片

例子:

正面

侧面



正确 😊

如何 加入挑战

赛前赛后测量 指示

第3站: 验证预约日期与证件



1. 消毒手部
2. 请在踏上 InBody 体重秤前取出您身上多余的配件以及确保口袋无任何物件
3. 把双手与双脚放在相对的感应板上
4. 完成测量后，请为所有接触过的区域进行消毒，尤其是双手与双脚所接触的感应板
5. 把队名以及测量体重的参赛者名填充在测量结果表上，提交给 – 我们的顾问（您可以拍下测量结果表的照片以共为参考）



注：任何在没有我们的顾问验证举行的测量将会无效。

注:我们的顾问将保持权力要求参赛者在测量时取出身上的配件以及口袋的物件。感谢您的体谅与配合。

离开前请务必确保带着您的随身物件。
安利新加坡将不对任何的物件损失与/或损坏负责。