



FAT LIAO LO

Do your best!
Gambatte!
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Staff Trim and Fit Challenge

March – May 2022

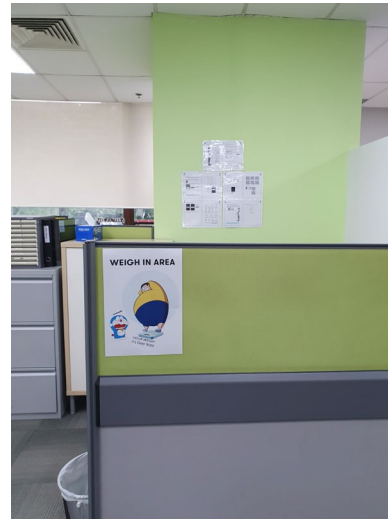
What

About the challenge



How to Join

- Download the InBody App in your phone
(via Google Play Store and App Store)
- Office staff please find the weigh in and out at the special corner.



- Shop staff please weigh in and out in the shop.

What

About the challenge



Information

- Weigh-in Period: 7th March - 11th March
- Trim & Fit will kick off once you weigh in (60days)
- Weigh-out Period: 5th May - 9th May (not more than 60 days)
- All Staff are to weigh in and out using the same InBody machine.
- It will be good to provide 'Before and After' photos (Not Compulsory)
- To protect your confidentiality, please send your weigh in and out measurements to Frankie only.

What

About the challenge



HERO (solo)



TIER 1

	or		or	
Weight		Body Fat %		Muscle Mass
-3%		-2%		+1kg

TIER 2

	or		or	
Weight		Body Fat %		Muscle Mass
-6%		-4%		+2kg



Photo submission:
Weigh-in & weigh-out

Example:

During Weigh-in



90kg



Weight loss

During Weigh-out



87.3kg



TIER 1 ACHIEVED

Weight loss

What

About the challenge

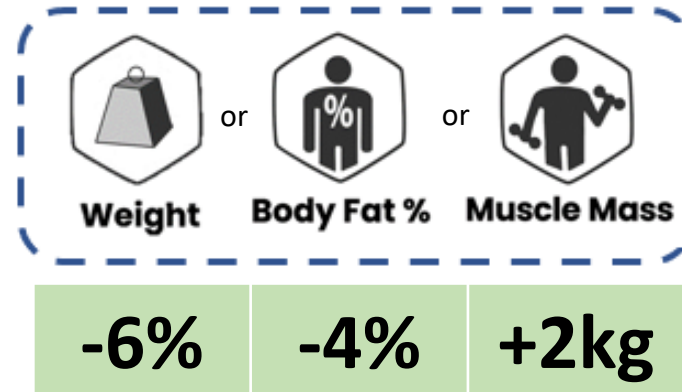


BUDDY (2paxs)

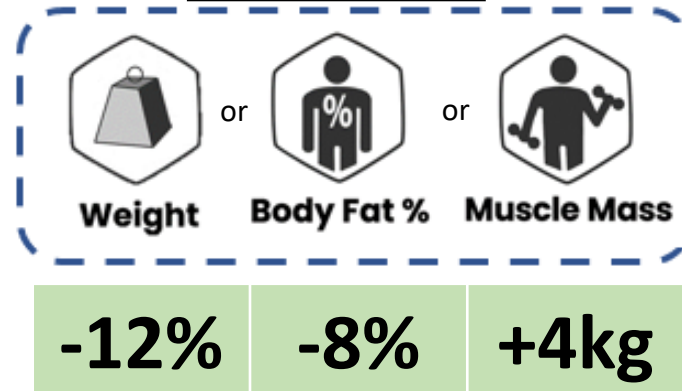


**Buddy to weigh in & out
on the same day**

TIER 1



TIER 2



Each participant must achieve individual minimal requirement:

- 2% loss per participant for Weight
- 2% loss per participant for Body Fat
- 500g gain per participant for Muscle Mass



Photo submission:
Weigh-in & weigh-out

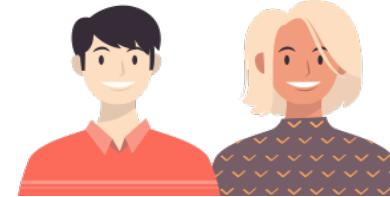
Example:

Body Fat %

During Weigh-in

36%
Body Fat

32%
Body Fat



A

B

During Weigh-out

30%
Body Fat

30%
Body Fat



A

B



TIER 2 ACHIEVED

What

About the challenge

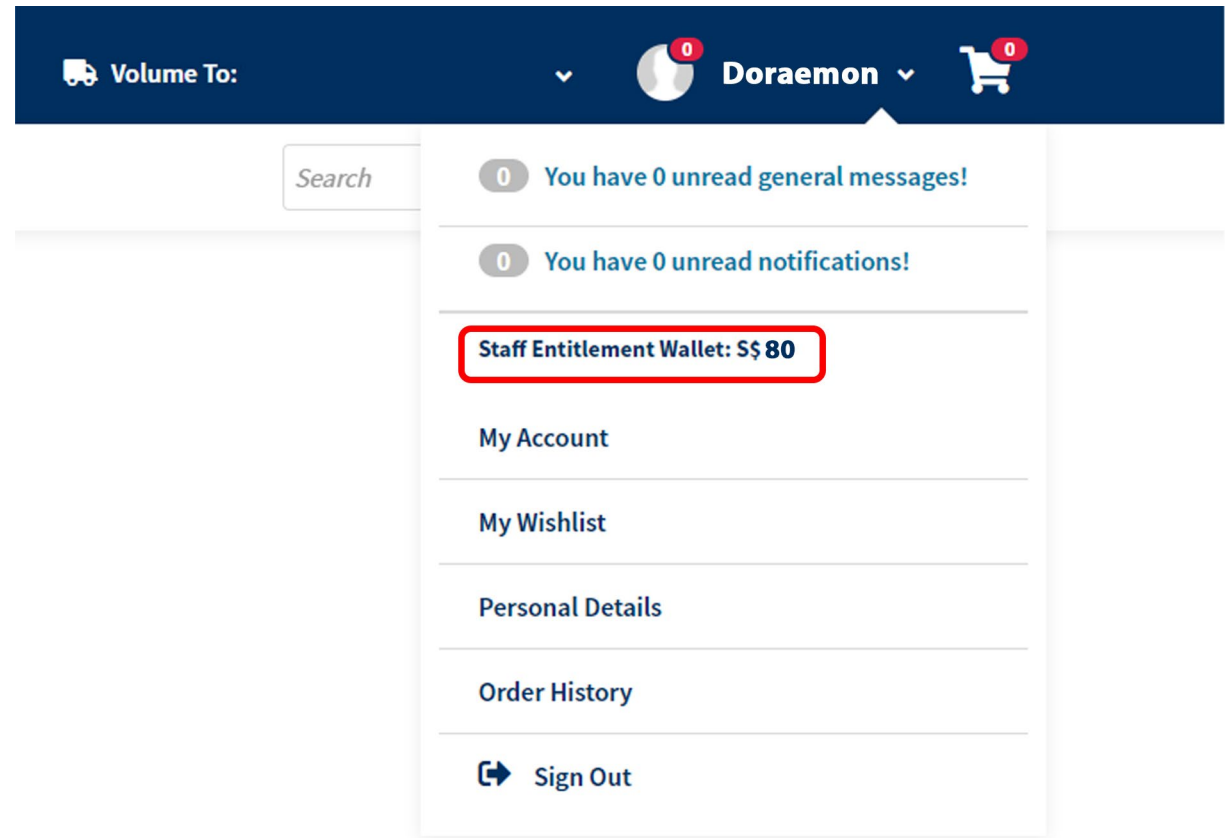
WIN PRIZES

Tier 1



Prize

Get S\$80 (credited to your staff account)



What

About the challenge

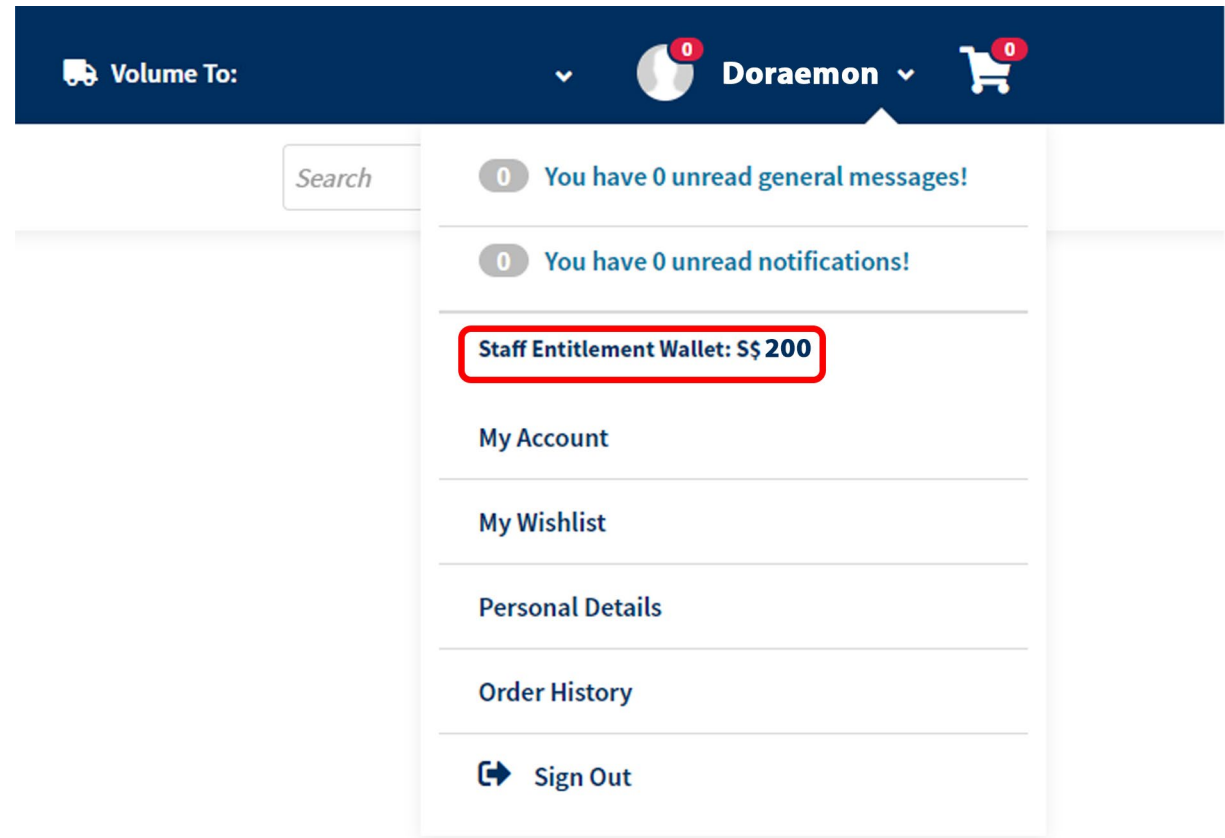
WIN PRIZES

Tier 2



Prize

Get S\$200 (credited to your staff account)



What

About the challenge

WIN PRIZES
Most
Improved
Participant



Prize



Most Weight (kg) loss
Additional: \$100 voucher



Most Fat (%) loss
Additional: \$100 voucher



Most Muscle Mass (kg) gain
Additional: \$100 voucher

