



BodyKey
Qualified Mentor
Trim & Fit Challenge
Jan – Jun 2022



This Challenge is exclusively opened to all Singapore Qualified Mentors with BodyKey Mentor's ID



WHEN

Program Period



WHAT

About the Challenge



HOW

Joining the Challenge



WHEN

Program Period



Challenge Period

WAVE 1 Period:

Starting 14th Jan* | Feb | Mar 2022

WAVE 2 Period:

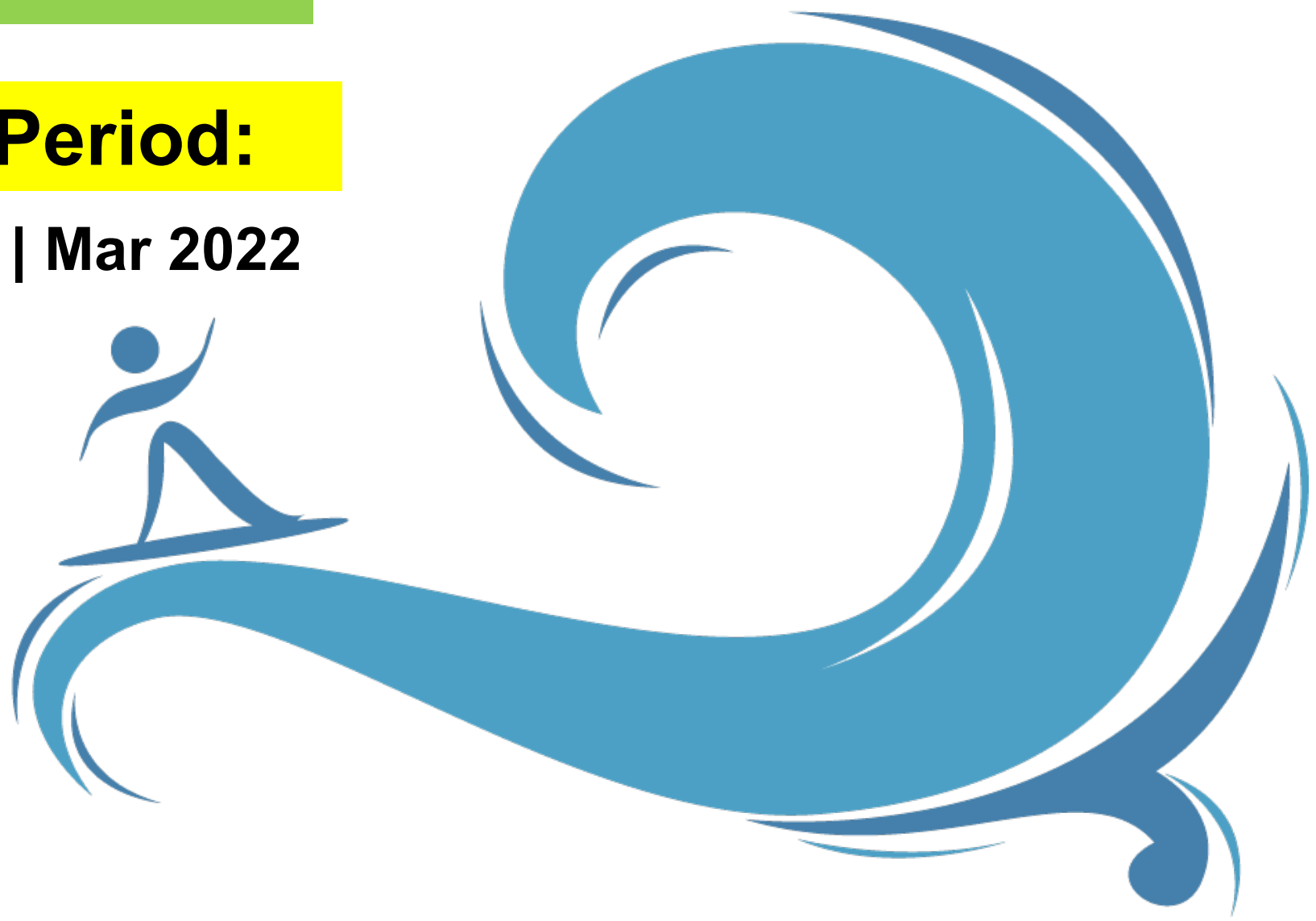
Apr | May | Jun 2022



Get Started

WAVE 1 Period:

Starting 14th Jan | Feb | Mar 2022



WHEN

Program Period



Weigh-in

Weigh-out

JANUARY						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MARCH						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



January 2022

Period 1

Period 2

Weigh-In: 14 Jan – 17 Jan 2022
 11.15am – 3.00pm
 4.00pm – 7.30pm*

Weigh-In: 20 Jan – 23 Jan 2022
 11.15am – 3.00pm
 4.00pm – 7.30pm*

Weigh-out: 10 Mar – 18 Mar 2022
 11.15am – 3.00pm
 4.00pm – 7.30pm*

Weigh-out: 16 Mar – 24 Mar 2022
 11.15am – 3.00pm
 4.00pm – 7.30pm*

Weigh-out: Allow measurement taken 5 days prior actual weigh-out date (60th day from weigh-in)

WHEN

Program Period



Weigh-in

Weigh-out

FEBRUARY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

APRIL						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Refer to terms & conditions for full details



February 2022

Period 1

Period 2

Weigh-In: 10 Feb – 13 Feb 2022
11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-In: 17 Feb – 20 Feb 2022
11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-out: 6 Apr – 14 Apr 2022
11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-out: 13 Apr – 21 Apr 2022
11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-out: Allow measurement taken 5 days prior actual weigh-out date (60th day from weigh-in)

*Last appointment - 7.30pm

WHEN

Program Period



Weigh-in

Weigh-out

MARCH						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MAY						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



March 2022

Period 1

Period 2

Weigh-In: 10 Mar – 13 Mar 2022
11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-In: 17 Mar – 20 Mar 2022
11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-out: 4 May – 12 May 2022
11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-out: 11 May – 19 May 2022
11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-out: Allow measurement taken 5 days prior actual weigh-out date (60th day from weigh-in)



Weigh-In & Weigh-Out

WAVE 2 Period:

Apr | May | Jun 2022



WHEN

Program Period



April						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Refer to terms & conditions for full details



April 2022

Period 1

Weigh-In: 7 Apr – 10 Apr 2022

11.15am – 3.00pm

4.00pm – 7.30pm*

Weigh-out: 1 Jun – 9 Jun 2022

11.15am – 3.00pm

4.00pm – 7.30pm*

Period 2

Weigh-In: 14 Apr – 17 Apr 2022

11.15am – 3.00pm

4.00pm – 7.30pm*

Weigh-out: 8 Jun – 16 Jun 2022

11.15am – 3.00pm

4.00pm – 7.30pm*

Weigh-out: Allow measurement taken 5 days prior actual weigh-out date (60th day from weigh-in)

*** Measurement for weigh- in/ out are required to be taken within the scheduled dates. Weigh-out measurements taken out of 60 days range would not be recognized and team members would be disqualified from the BodyKey Trim & Fit Challenge**

*Last appointment - 7.30pm

WHEN

Program Period



June							July						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
			1	2	3	4						1	2
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						



May 2022

Period 1

Weigh-In: 5 May – 8 May 2022

11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-out: 29 Jun – 7 Jul 2022

11.15am – 3.00pm
4.00pm – 7.30pm*

Period 2

Weigh-In: 12 May – 15 May 2022

11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-out: 6 Jul – 14 Jul 2022

11.15am – 3.00pm
4.00pm – 7.30pm*

Weigh-out: Allow measurement taken 5 days prior actual weigh-out date (60th day from weigh-in)

* Measurement for weigh- in/ out are required to be taken within the scheduled dates. Weigh-out measurements taken out of 60 days range would not be recognized and team members would be disqualified from the BodyKey Trim & Fit Challenge

*Last appointment - 7.30pm

WHEN

Program Period



June 2022

Period 1

Weigh-In: 9 Jun – 12 Jun 2022

11.15am – 3.00pm

4.00pm – 7.30pm*

Weigh-out: 3 Aug – 11 Aug 2022

11.15am – 3.00pm

4.00pm – 7.30pm*

Period 2

Weigh-In: 16 Jun – 19 Jun 2022

11.15am – 3.00pm

4.00pm – 7.30pm*

Weigh-out: 10 Aug – 18 Aug 2022

11.15am – 3.00pm

4.00pm – 7.30pm*

Weigh-out: Allow measurement taken 5 days prior actual weigh-out date (60th day from weigh-in)

*** Measurement for weigh- in/ out are required to be taken within the scheduled dates. Weigh-out measurements taken out of 60 days range would not be recognized and team members would be disqualified from the BodyKey Trim & Fit Challenge**

*Last appointment - 7.30pm

July							August						
Su	M	Tu	W	Th	F	Sa	Su	M	Tu	W	Th	F	Sa
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30	31			
31													

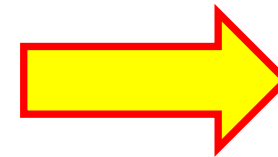
What

About the challenge



To Participate

Simply form team of 3 participants



Invite your new ABO and APC to join this fitness journey!

What About the challenge



#2



Refer to terms & conditions for full details



Purchase any of the following (Bundle/ BYO)

BK Jumpstart Kit | EPS, EPP

PV451.7, BV949.9,
AP 965.6, RP1271.0

-5% off
Price after less



PWP InBodyWATCH Pack at \$120
(worth \$299)
InBodyWATCH M/L, BodyKey Leather strap, Project 5 Backpack

Trim & Fit Pack | EPS, EPP

PV430.1, BV895.7,
AP 910.5, RP1198.0

-5% off
Price after less



PWP InBodyWATCH Pack at \$120
(worth \$299)
InBodyWATCH M/L, BodyKey Leather strap, Project 5 Backpack

Build your own

\$950 purchase from
BYO Product listing

5% OFF
Purchase in a
single receipt to
join challenge

OR

**COMBINE 3
RECEIPTS**
To join challenge



Note: Purchases of bundles/ BYO kit must be made in the same month of team weigh-in submission.

What

About the challenge

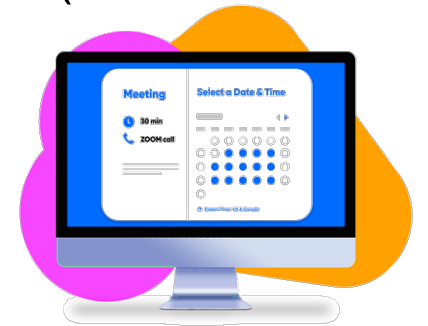


Booking of Appointment

Book your appointment

- URL: <https://calendly.com/bodykeymentorchallenge2022>
- Choose your desired weigh in/ out slot
- A confirmation of appointment will be sent to you (via email/ SMS)

Calendly



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.



Winning Criteria

What

About the challenge



Tier 1

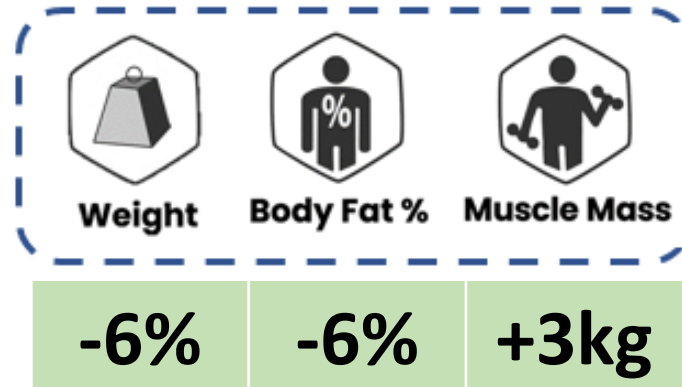


All participants under same team who weigh-in are required to weigh-out in the stated weigh-out period.

Refer to terms & conditions for full details



Winning Criteria



Each participant must achieve individual minimal requirement:

- 1% loss per participant for Weight
- 1% loss per participant for Body Fat
- 500g gain per participant for Muscle Mass

Example:

During Weigh-in

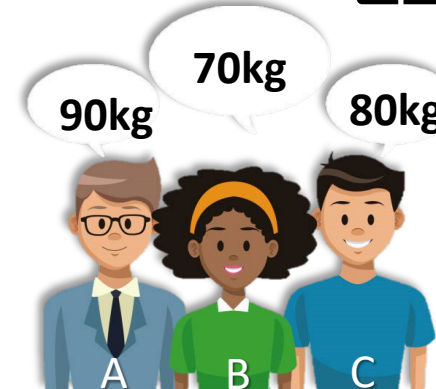
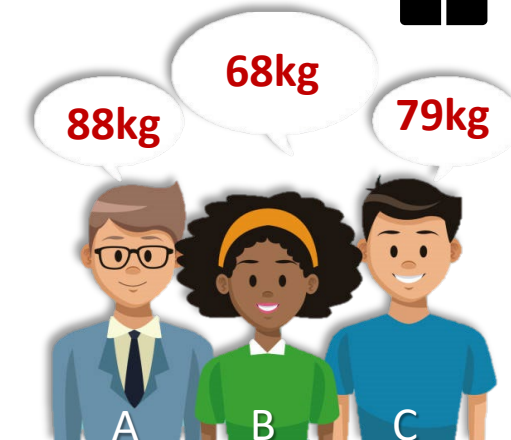


Photo submission:
Weigh-in & weigh-out

During Weigh-out



What

About the challenge




WIN PRIZES

Tier 1



GET FITTER TO WIN MORE

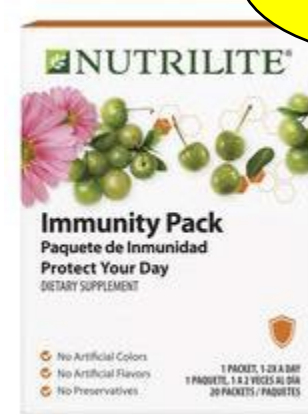
Criteria:

 Weight	 Body Fat %	 Muscle Mass
-6%	-6%	+3kg



Individuals must meet min requirement as a team to win tier prizes.

Each team member can win one set of following items:



**Total worth
RP\$337.5
per team**

Each set includes: Bodykey x Under Armour Sling Bag (1ea) and Immunity Pack (1 box).

Refer to terms & conditions for full details

What

About the challenge



Tier 2



All participants under same team who weigh-in are required to weigh-out in the stated weigh-out period.

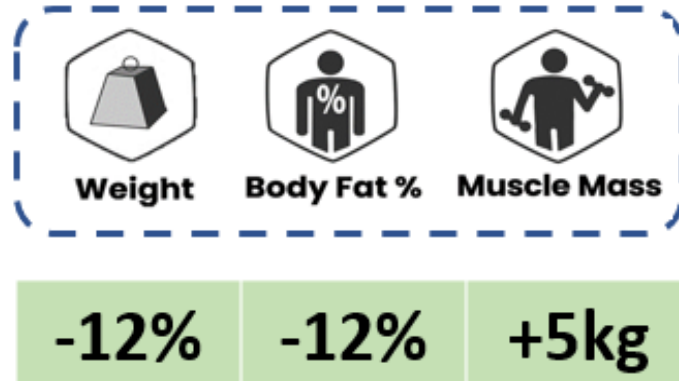
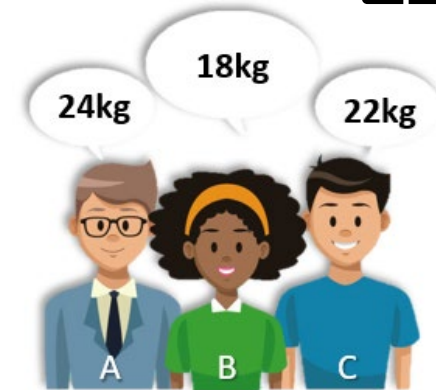
Refer to terms & conditions for full details



Winning Criteria

Example:

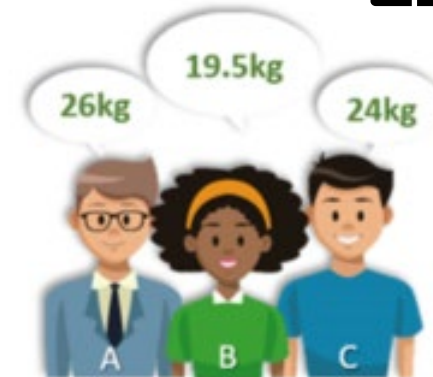
During Weigh-in 



Each participant must achieve individual minimal requirement:

- 2% loss per participant for Weight
- 2% loss per participant for Body Fat
- 1kg gain per participant for Muscle Mass

During Weigh-out 



What

About the challenge

WIN PRIZES

Tier 2



GET FITTER TO WIN MORE

Criteria:

Weight	Body Fat %	Muscle Mass
-12%	-12%	+5kg



Individuals must meet min requirement as a team to win tier prizes.

Each team member can win 1 set of following items:

**Total worth
RP \$1332
Per team**



Each set includes: Under Armour backpack (1ea), Mixed Collagen Peptide Drink (1 box), Immunity Pack (1 box), 14 Night Reset Program (7 vials). Bodykey sport accessories set (yoga mat, stretching band, pouch)

Refer to terms & conditions for full details

What

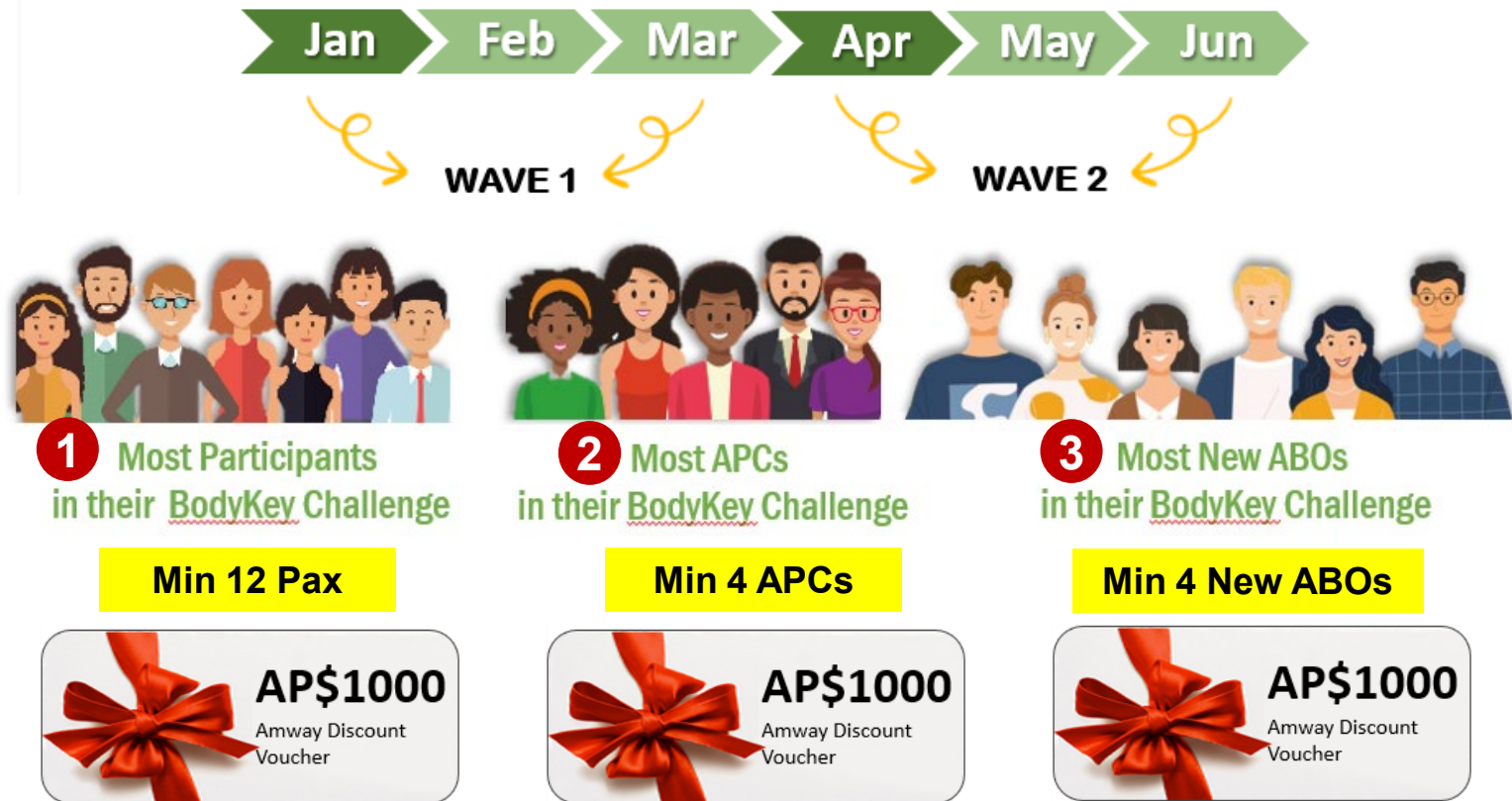
About the challenge



BodyKey Qualified Mentors

Refer to terms & conditions for full details

Grand Prize Challenge – 3 Categories (For Qualified Mentors only)



ALL PARTICIPANTS MUST WIN MINIMUM TIER 1

Criteria to participate in grand prize challenge

In each wave 1 and/ or wave 2 period:

- Each qualified mentor require to form minimum of 3 teams including 3 new ABOs/ APCs
 - New ABO/ APC refers to those who registered from 1 January 2021 to 30 June 2022
- At least 3 teams meeting minimum of tier 1 criteria

What

About the challenge



BodyKey Qualified Mentors

Refer to terms & conditions for full details

Grand Prize Challenge

(For Qualified Mentors only)

1 Grand Prize AP \$1000 (Per Category)
Total 3 Grand Prize with total worth AP \$3000
(in each wave 1 & 2)

In event of a tie in grand prize challenge, following criteria will be applied to determine the final winner.

- Highest number of participants who met Tier 1
- Highest number of participant who met Tier 2 (applicable if a tie is resulted based on #a)
- Highest total weight loss (kg) of participants who have met minimum tier 1 (applicable if a tie is resulted based on #b)

HOW

Joining the Challenge



Weigh-in/ Weigh-out Roadmap





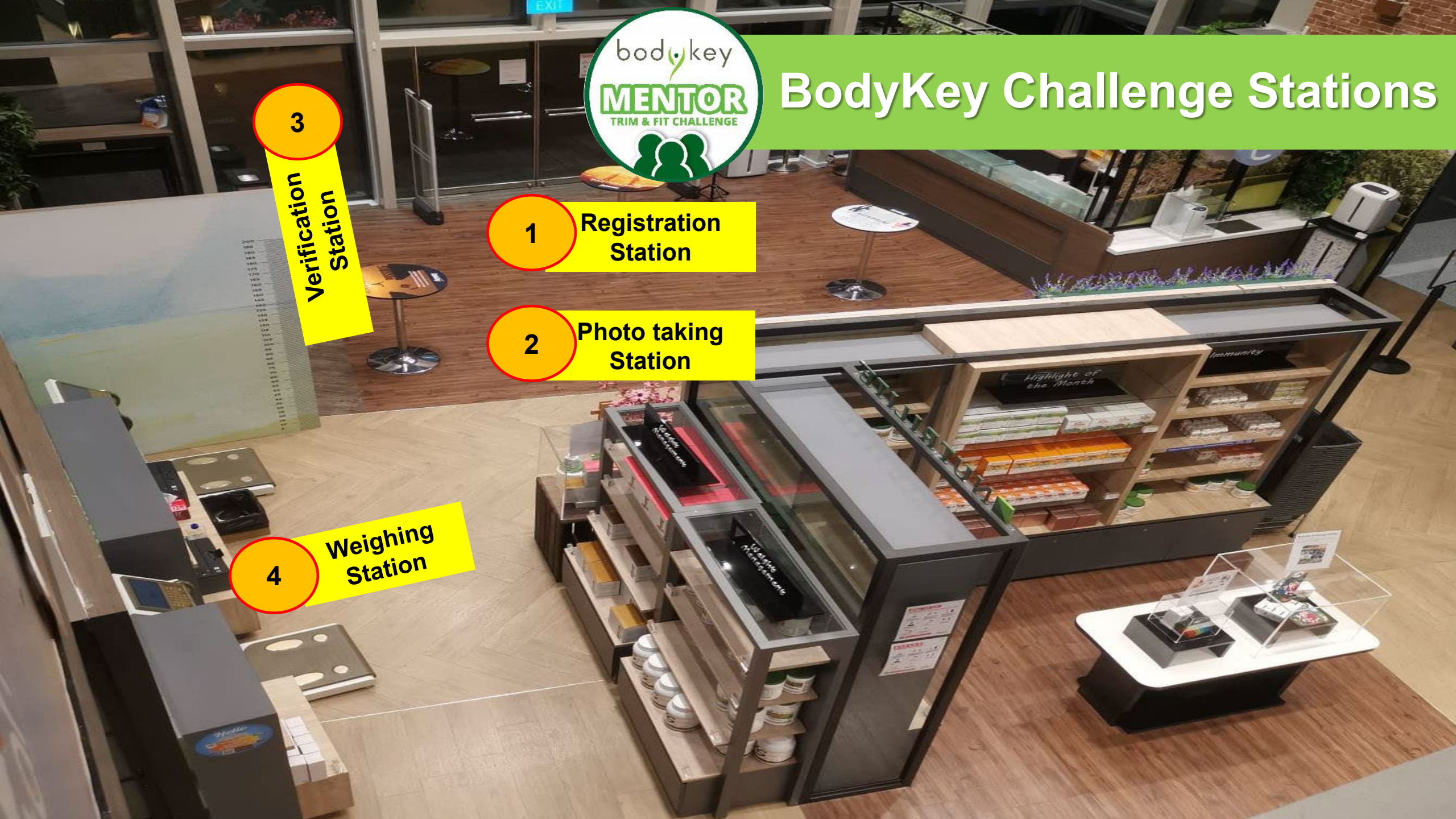
BodyKey Challenge Stations

3
Verification
Station

1
Registration
Station

2
Photo taking
Station

4
Weighing
Station



HOW

Joining the Challenge



Station 1: Registration Station

- Fill in all required fields in the application form provide
- Indicate proof of purchase of your “Order Number”



To join the challenge:

- Purchase any of BK Jumpstart Kit, Trim & Fit Pack or Build Your Own Pack (Single or Combine of 3 receipts)
- Purchases must be made in the same month of team weigh-in submission.

HOW

Joining the Challenge



Refer to terms & conditions for full details

Application Form (sample)

Add Qualified

**Be The Winning Team:
Get Fitter to Win More**

WEIGHT

OR

BODY FAT

OR

MUSCLE MASS

WAVE 1
Jan-Mar 2022

WAVE 2
Apr-Jun 2022

TIER 1		
WEIGHT - 6% <small>Min. 1% per participant</small>	BODY FAT - 6% <small>Min. 1% per participant</small>	MUSCLE MASS + 3KG <small>Min. 500g per participant</small>
TIER 2		
WEIGHT - 12% <small>Min. 2% per participant</small>	BODY FAT - 12% <small>Min. 2% per participant</small>	MUSCLE MASS + 5KG <small>Min. 1kg per participant</small>

SCAN HERE FOR MORE INFO

BK Jumpstart Kit EPS, EPP

Trim & Fit Pack EPS, EPP

Build Your Own

PWP InBodyWATCH Pack at \$120 WHILE STOCKS LAST!
(worth \$299) InBodyWATCH ML, BodyKey Leather strap, Project 6 Backpack

HOW TO JOIN

- ① Form a team of 3 > Team leader must be ABO
- ② BodyKey Jump Start Kit / Trim & Fit Kit / \$950 BYO Kit
(All participants must purchase at least 1 set of the above)
- ③ Weigh in as a team > AMWAY CITY SHOP
Available Dates > Book via calendly.com/bodykeymentorchallenge2022
11.15am - 3pm, 4pm - 7.30pm

WEIGH IN

BODYKEY MENTOR CODE

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



Station 2: Photo taking & Submission



1. Take photo (individual/ team) who are taking part in the BodyKey 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)

HOW

Joining the Challenge



Station 2: Photo taking & Submission

Example:



Front View



Side View



Good 😊

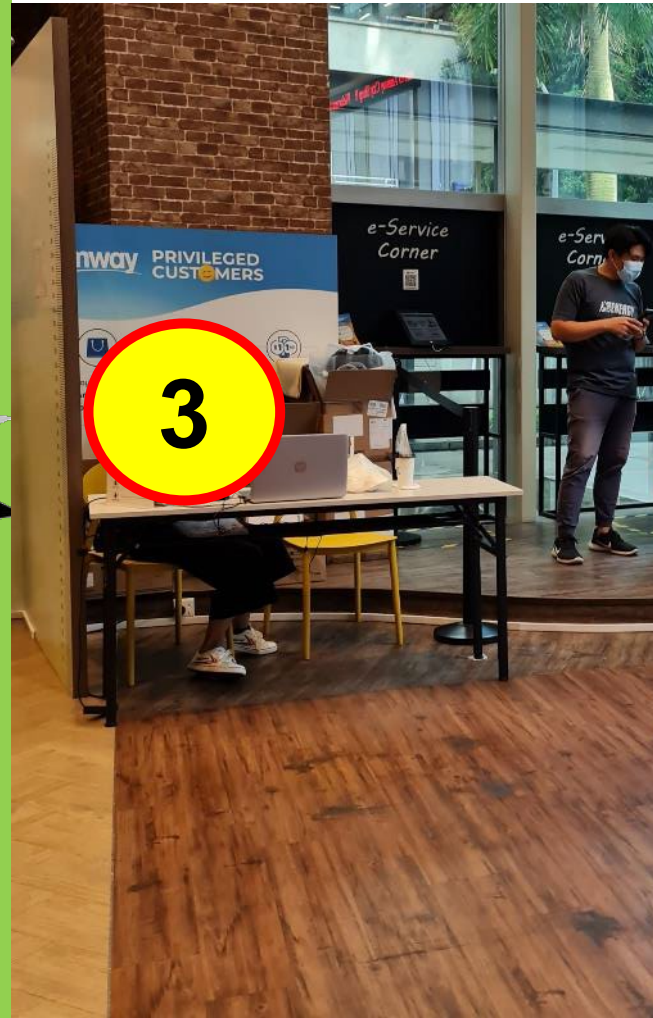
HOW

Joining the Challenge



Station 3: Verification Station

1. After filling registration form, proceed to Verification Station
2. Present confirmation of appointment (email or SMS from Calendly) + any form of identification with photo for BodyKey Staff verification
3. BodyKey Staff will guide you on the weigh in /out process and verifying the results



Note: Any measurement taken without BodyKey Staff verification are deemed invalid.

HOW

Joining the Challenge



Station 4: Weighing 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 Bodykey staff (You may take photo of your results slip for reference)



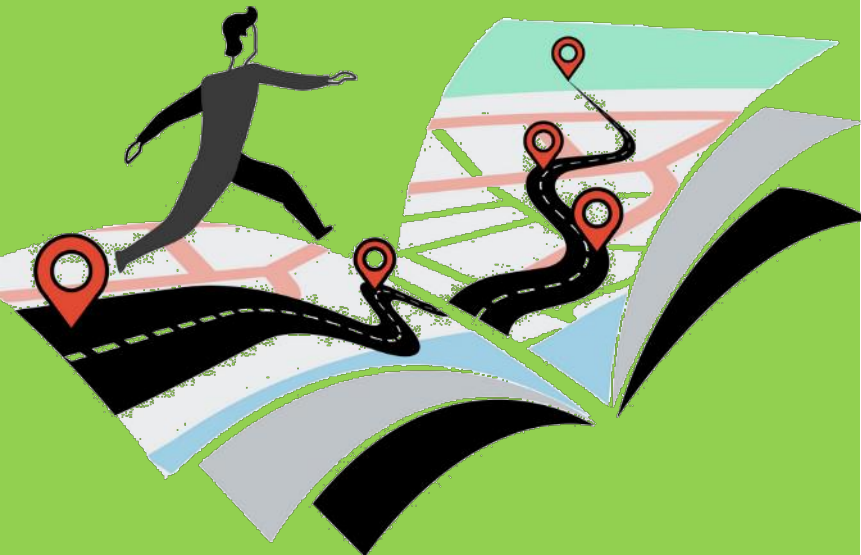
Note: Bodykey staff reserves the right to request participants removal of accessories and items in pockets. We seek all participants kind understanding and cooperation.

Refer to terms & conditions for full details

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

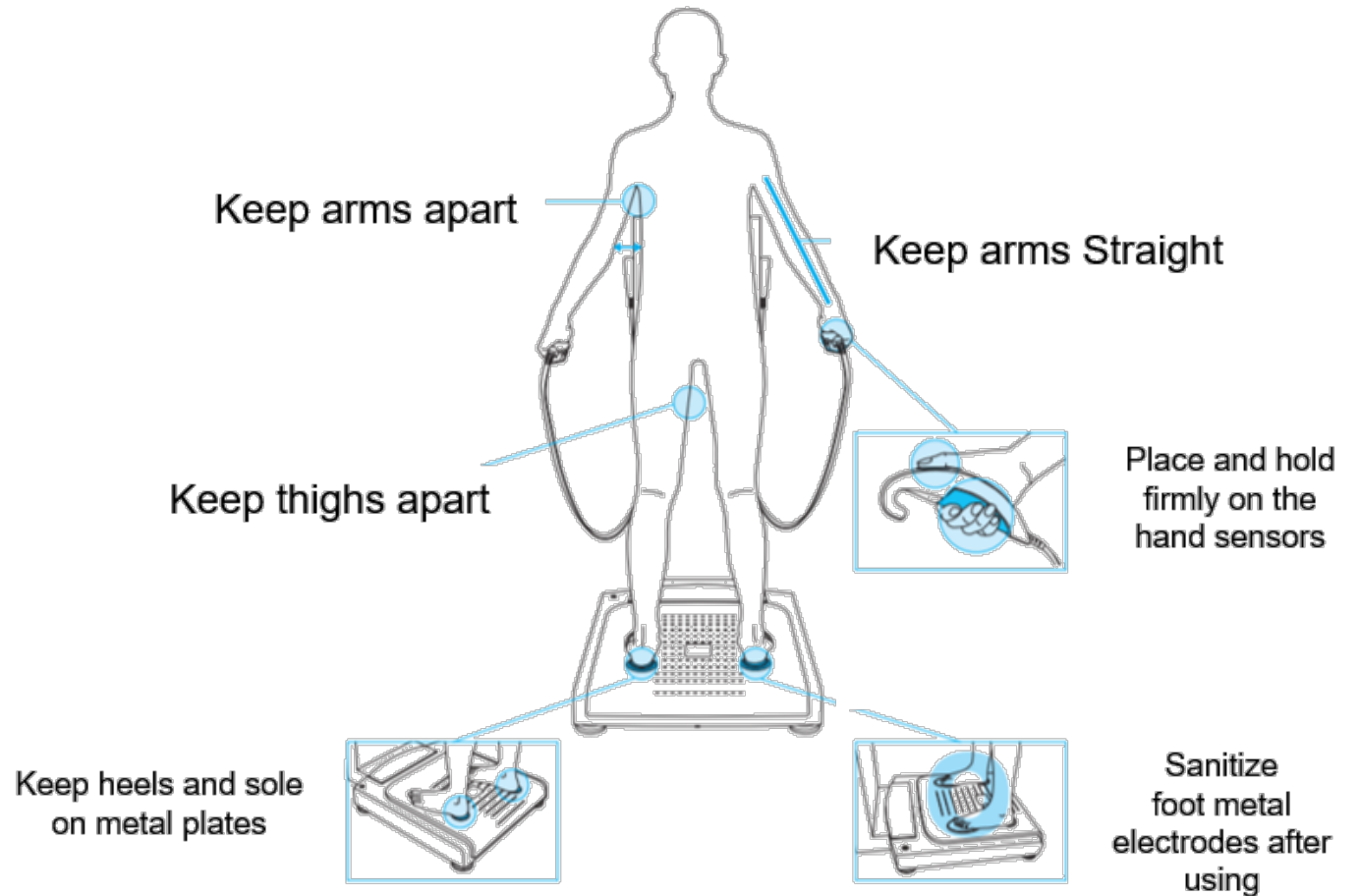
HOW

Joining the Challenge



Station 4: Weighing Station

Measuring Guide (Inbody 770)



HOW

Joining the Challenge



Results Slip (sample)

InBody

[InBody770]

ID	Height	Age	Gender	Test Date / Time
Jane Doe	5 ft 05.0 in	31	Female	05.28.2020 07:13

SEE WHAT YOU'RE MADE OF

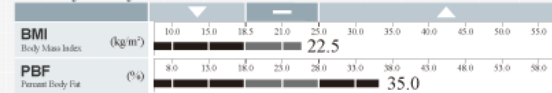
Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lb)	39.9	64.2	88.0	135.3
Extracellular Water (lb)	24.3			
Dry Lean Mass (lb)	23.8			
Body Fat Mass (lb)	47.4			

Muscle-Fat Analysis



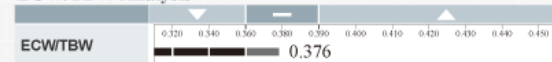
Obesity Analysis



Segmental Lean Analysis

	ECW/TBW
Right Arm (lb) (%)	0.374
Left Arm (lb) (%)	0.374
Trunk (lb) (%)	0.377
Right Leg (lb) (%)	0.374
Left Leg (lb) (%)	0.377

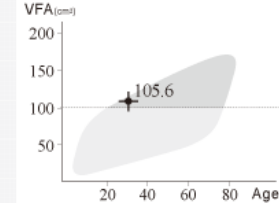
ECW/TBW Analysis



Body Composition History

	03.12.20	03.25.20	04.02.20	04.16.20	04.26.20	05.02.20	05.13.20	05.28.20
Weight (lb)	135.5	134.9	135.4	136.1	137.6	135.2	134.6	135.3
SMM (lb)	42.8	43.2	44.0	44.7	45.6	45.3	45.7	47.6
PBF (%)	40.3	39.5	38.6	37.9	37.4	36.7	35.9	35.0
ECW/TBW	0.376	0.378	0.376	0.374	0.376	0.376	0.378	0.376

Visceral Fat Area



Body Fat - Lean Body Mass Control

Body Fat Mass - 18.3 lb
 Lean Body Mass + 9.3 lb
 (+) means to gain fat/lean (-) means to lose fat/lean

Segmental Fat Analysis

Right Arm (3.3 lb)	156.0%
Left Arm (3.3 lb)	158.9%
Trunk (24.0 lb)	202.2%
Right Leg (7.3 lb)	132.8%
Left Leg (7.1 lb)	132.4%

Basal Metabolic Rate

1231 kcal

Leg Lean Mass

26.9 lb

TBW/LBM

73.0 %

Reactance

	RA	LA	TR	RL	LL
Xc(Ω) 50Hz	21.1	20.9	1.9	20.8	20.2
50Hz	37.0	36.9	3.2	37.5	35.3
250Hz	32.3	32.2	3.4	26.4	27.8

Whole Body Phase Angle

5.4°

	RA	LA	TR	RL	LL
φ(°) 50Hz	4.7	4.5	7.0	6.2	6.0

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.



Impedance

	RA	LA	TR	RL	LL
Z(Ω) 1Hz	513.6	530.2	31.0	407.2	396.2
5Hz	503.3	521.9	30.0	397.3	386.8
50Hz	452.0	470.2	26.3	346.4	338.7
250Hz	411.5	429.7	22.4	313.2	307.3
500Hz	396.7	414.8	20.0	305.0	300.2
1000Hz	384.3	402.2	17.8	299.4	294.0



Thank You!
See you at the challenge!

Please click here for full Terms and Condition