



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													