

CHALLENGE FAQ's

PHOTOS

Q- Do you take your own photos?

A- We don't take them for you so it's up to you but don't worry as we do tell you how to stand plus if you're having to take them on your own, then your phone has a timer function.

Q- Are photos mandatory?

A- For the competition, yes, they are. They are also extremely important as they are what helps keep you accountable. If you think that people will be looking at your photos and judging the way you look, then think again. People are too busy looking at their own photos and judging themselves to worry about what you look like. Having said that, come check-in Challengers are 100% supportive of each other and can often see the changes that you are blind to.

Q- What clothing do I wear?

A- For guys boxers are good or footy shorts (NOT board shorts) and for the ladies bikini, bra/undies etc: Basically don't cover up too much. If you do then the changes will be harder to see, and trust us, you will regret it.

Q- Where are the photos seen?

A- Photos are uploaded into a secure section of our website which is only visible to Challengers as it is password protected. No photos are made public unless you're Top Ten. Occasionally we may use some extra ones but these are only used with your permission.

Q- How often do I take the photos?

A- Photos are taken at the beginning of the Challenge with you holding a code word, then they are taken at Week 4, Week 8 and of course the final Week 12.

Q– Is it just front photos?

A– We get you to take front, back and both sides for the best comparison possible. Other Challenges may only require a Front photo but we find not everyone shows changes from the front. Sometimes you see the biggest difference from the Sides or the Back.

FOOD

Q– Will I get hungry?

A– If you're trying to lose weight then of course this will happen but it shouldn't be to the point of starvation. You'll be in a calorie deficit, meaning you're eating less calories than your body requires to maintain the weight you're currently at, but it should still be manageable and it's not forever.

Q– Do I have to have any supplements?

A– There are some supplements we recommend but they are not mandatory.

Q– Do I have to follow the meal plans?

A– You don't have to but unless you're currently following something else that is working for you, then we strongly encourage you to give it a go because it works.

Q– Can I still have coffee?

A– That depends on the type of coffee. If you're a full cream latte or cappuccino drinker, then you might want to rethink your choice of beverages as you could be potentially ingesting an extra 100 – 200 calories per cup and for some of you this may explain why you struggle to lose weight – because of all of the extra calories you're drinking. We suggest going black or if you struggle with that then change to skim and slowly decrease your milk until you are drinking a coffee with a dash of milk, (and even if it's a dash, then yes it still goes in your calorie count).

Q– Can I have alcohol?

A– Do we really have to answer this? Okay if we did answer it then we would say no however some people struggle with this and sneak in a few. We're not the alcohol police but remember that every drink you have is extra unnecessary, useless, calories that will impact your results.

Q– What if I don't like some of the food on the meal plan?

A– Then don't eat it 😊 This is not about punishing you and making you eat something because we say it's good for you. There are plenty of good food options in the world and we do supply a substitution list, so if there's something on the plan you don't like, then replace it with something you do like.

Q– Where do the meal plans come from?

A– All plans were devised by Trend and were then endorsed by a Nutritionist.

Q– Can I use a pre prepared meals such as You Foodz or Lite and Easy?

A– You can use whatever you like but there are some things to be wary of. Firstly if you're using pre-prepared meals then you're not really learning how to prepare your own nutrition, which long term is not great because this is afterall, about educating you. Secondly the nutrient content of the meals may not match the plan so you may be having too many carbs and not enough protein for example.

WORKOUTS

Q– I've never worked out before so how will I know what to do?

A– We supply you with all of your workout plans plus all of the exercises are videoed and you can also engage a Personal Trainer or just ask your fellow Challenger as they will be easy to spot and will be more than happy to help 😊

Q– What sort of workouts are there?

A– The plans are predominantly weight training because that is what gets best results long term. There are also cardio workouts.

Q– How much do I have to workout?

A– Depends on which program you choose but generally 4 -5 times per week.

Q– Do I have to do all of the workouts?

A– Nothing in the Challenge is mandatory so if you end up skipping some of them then that's your call. We set out the optimal regime but we understand that for some people it's not always possible.

Q- Why weight training?

A– Muscle development is critical as we age because we reach a point where we start to lose it quite rapidly, so being skilled in the gym is critical for a healthy old age. Even if you're not planning on being old just yet it has huge benefits for your immunity, mental health, strength for day to day tasks and of course it changes your shape in ways that cardio can't.

Q– Do I have to hire a Personal Trainer?

A– No you don't have to hire a trainer at all but they're still there to assist and answer questions – as long as it's not a million questions 😊

GENERAL CHIT CHAT

Q– How is the competition judged?

A– Judging is based on a true transformation so it is NOT about who loses the most weight but who can show that they have changed their shape through weight training as well. Some people are actually out to put ON weight and muscle and the same judging criteria applies to them too. Those who are considered to have had good transformations from start to finish, are sent away to an external judge.

Q– Do you have to do the weekend sessions?

A– No they are not. They're a great way to get Social and meet your fellow Challengers but they are NOT mandatory.

Q– Is the Facebook group mandatory?

A– Yes the Facebook group is mandatory as this is how we communicate with everyone so important dates, passwords etc are put up here. Plus it's a great place to ask questions and get help. If you don't currently have a Facebook profile then we suggest that you get one just for the Challenge.

Q– What's in the Challenge Book?

A– There is a whole heap of info on basic nutrition, supplements, pictures of most of the exercises plus cardio options so it's a bit like the Challenge bible.

Q– Do I have to have the Body Scans?

A– No, but they are useful and you get them free as part of your Challenge but they are not transferable.

Q– I can't make the dinner, is that part refundable or transferable?

A– No sorry.