

**2012 - 'CHANGE YOUR LIFE'
Personal Best Studio, Woodchester**

NAME	
DATE OF BIRTH	
EMAIL	
PHONE	
HOW DID YOU HERE ABOUT THIS COMPETITION?	

ADDRESS	
POSTCODE	

WEIGHT?	
HEIGHT?	
EXISTING MEDICAL CONDITIONS/INJURIES?	
GOALS/TARGET?	
In no more than 21 words why you are the perfect candidate to win this opportunity of a lifetime?	

Please email completed form to: info@personalbeststudio.co.uk with the subject 'change your life'
Or post to: 'Change your life', Personal Best Studio, Unit 1 Frogmarsh Mill, South Woodchester, GL5 5ET

I have read and understood the terms and conditions (below)

SIGNED:

DATE:

TERMS & CONDITIONS

- Closing date for applicants is Wednesday 1st February 2012
- All applicants must be age 18+
- Applicants cannot be an existing client of Personal Best studio
- Non commitment to the programme or not completing the weekly blog gives Personal best the right to cancel the offer at any time.
- The program will run for 3 months from 13th February 2012 - entrants must be able to commit to this.
- The winner will exercising on a regular basis and therefore will be required to contact their GP before embarking on a new exercise regime.
- The winning candidate must give their consent to be included in any press coverage this might attract.

