THE SCULPTED *vegan*

THE 12 DAY HOLIDAY SHRED

'TIS THE SEASON TO BE SHREDDED

COMPETITION RULES

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The 12 Day Holiday Shred competition starts on **Monday November 30th 2020** and ends on **Friday December 11th 2020**. To be eligible to enter the competition you MUST start the shred on Monday, November 30th, 2020 or after. No entries BEFORE this date will be accepted.

BEFORE IMAGES

On **Monday November 30th 2020** take your before pictures by following the steps below.

Step 1: Choose a plain background to take your pictures, with the light in front of you and not behind (so we can see you clearly).

Step 2: Print the template we will email to you on **Monday 30th November 2020.** This sign will also be uploaded into the **Private Facebook Group**.

Step 3: Either hold the printed template in one hand, or stick to the wall behind you. If you do not have a printer you may display the unique sign on an iPad or handheld device. (Make sure it is in focus in the picture and not a white screen. To focus on the screen, simply tap on your viewfinder on your camera when setting up the photo. If you tap the screen, it will focus on the bright light of the screen and bring it into focus.

Step 4: Set a timer on your phone or camera to take the photos. Simply set the timer then step into position, until the photo is taken. Retake if you are not happy with it.

Step 5: Take the photos in the following order:

1. Front with arms beside your body

2. Back with arms beside your body

3. Side facing left AND facing right with arms straight out in front.

DO NOT flex in the photos with poses such as double biceps or muscle poses. Yes, it's okay to firm up your muscles by tensing them, but do not perform stage poses. *The before and after photos must be in the same pose.*

Step 8: Save the images to your device. DO NOT send them to The Sculpted Vegan.

AFTER IMAGES

On **Saturday December 12th 2020** take your after pictures by following the steps below.

Step 1: Choose a plain background to take your pictures, with the light in front of you and not behind (so we can see you clearly).

Step 2: Print the template we will email to you on **Saturday December 12th 2020.** This sign will also be uploaded into the **Private Facebook Group**.

Step 3: Either hold the printed template in one hand, or stick to the wall behind you. If you do not have a printer you may display the unique sign on an iPad or handheld device. (Make sure it is in focus in the picture and not a white screen. To focus on the screen, simply tap on your viewfinder on your camera when setting up the photo. If you tap the screen, it will focus on the bright light of the screen and bring it into focus.

Step 4: Set a timer on your phone or camera to take the photos. Simply set the timer then step into position, until the photo is taken. Retake if you are not happy with it.

Step 5: Take the photos in the following order:

1. Front with arms beside your body

2. Back with arms beside your body

3. Side facing left AND facing right with arms straight out in front.

DO NOT flex in the photos with poses such as double biceps or muscle poses. Yes, it's okay to firm up your muscles by tensing them, but do not perform stage poses. The before and after photos must be in the same pose.

Step 6: Save the images to your device.

Step 7: **Download the app Layout** to your iPhone or Smartphone. Upload both photos to the app and place as per the image below.

Place the BEFORE on the LEFT
Place the AFTER on the RIGHT

****Note** If you do not place your photos with the before on the left and the after on the right, they will not be accepted.**

DO NOT SEND PICTURE COLLAGES or MULTIPLE IMAGES IN ONE PICTURE. THERE SHOULD ONLY BE 2 IMAGES PER PICTURE. YOUR BEFORE AND AFTER, SIDE BY SIDE.

You should upload a total of four photos. Front, back and both sides. If you send a collage of photos in one square, your entry will be invalid.

This kind of photo will not be accepted:

Step 8: Upload your images to our website by CLICKING HERE no later than MIDNIGHT on Saturday December 12th 2020.

POINTS TO CONSIDER:

Make sure you upload high quality images and not thumbnails. Low quality images will not show off all the hard work you have done.

You will receive an automatic response (see example below) if your email was received successfully. If you did not receive this response, please upload your images again.

Thank you!

Your entry to the 12 Day Holiday Shred has now been submitted.

The winners will be announced publicly on Facebook and Instagram on Monday, December 21st, 2020. The cash will be sent to the winner via PayPal only so you must have a Paypal address to receive your prize.

GOOD LUCK!

Please DO NOT email to check if your images were uploaded as you will not get a response.

Posting your images to the 12 Day Holiday Shred FB group and/or social media is optional but recommended so we can cheer you on!

Kim may also repost your images to her social media accounts if you post progress pictures using the hashtag **#sv12dayholidayshred** on your Instagram account

HOW IS THE JUDGING DONE?

Our own team of coaches will be the judges. When deciding the top 12, we will look for the contestants who have made the biggest transformation in their body, not necessarily those who are the most “ripped” or “shredded”.

The winners will be announced on social media and in the **Private Facebook Group** on Monday, December 21st, 2020. **The top 12 contestants will win cash prizes.**

THE PRIZES

We will award $1000 each to the top 12 contestants.

Please note:

The winners will be announced publicly on Facebook and Instagram on Monday, December 21st, 2020. The cash will be sent to the winner via PayPal only so you must have a Paypal address to receive your prize.

By submitting your photos for judging you are giving The Sculpted Vegan and partners, express permission to re-post and re-use these photos in any and all promotion material pertaining to this challenge, or any future challenges, or in any other marketing material. After the challenge is over your images may be found using Google searches. If you are at all concerned about having your images on the internet, then please do not enter the challenge.

The Sculpted Vegan reserves all rights to change how the prizes are awarded if any entrant is suspected of cheating. Photos are monitored closely by our creative team for evidence of photoshopping and we reserve the right to disqualify the entrant or choose a winner by a different means, even if it means changing the distribution of the prize money, in the event one or more persons are disqualified from the top 10 finalists.