



OFFICIAL RULES AND REGULATIONS

Congratulations on your decision to change your body – and life – for the better! Over the next three months, you may experience a dynamic whole-body transformation...resulting in a healthier and stronger body, improved mood and motivation, and a more fulfilling lifestyle.

The O2 Thrive Challenge is a 90-day healthy living contest in which participants are rewarded for the quality of their outer as well as inner transformation. What's even better, everybody can be a winner! Participants are paid based on the amount of weight they lose using O2 Worldwide products – up to \$10 per pound lost.

PRIZES

Prizes are awarded based on number of pounds lost by the participant during the 90 days of the participant's O2 Thrive Challenge. The maximum prize a participant can earn is \$500.

- Lose 1-19 pounds during the 90-day Challenge and earn an official O2 Thrive Challenge t-shirt.
- Lose 20-29 pounds during the 90-day Challenge and earn \$4 per pound lost.
- Lose 30-39 pounds during the 90-day Challenge and earn \$6 per pound lost.
- Lose 40-49 pounds during the 90-day Challenge and earn \$8 per pound lost.
- Lose 50+ pounds during the 90-day Challenge and earn \$500.

All entry form and eligibility information must be complete and valid in order to qualify for a prize. Prizes will be paid out along with the participant's O2 Worldwide commission check after their 90-day Challenge has ended and their Entry Form Ending Information has been received and processed.

HOW TO ENTER

To officially enter the O2 Thrive Challenge, participants must submit a completed O2 Thrive Challenge Entry Form. O2 Worldwide members can download the form from their O2 Worldwide back office at www.o2ww.com.

Print the forms on plain white paper and fill it out using either black or blue ink. Forms must be completed in English. Incomplete and illegible entries will be disqualified.

Submit the forms either by email to o2thrivechallenge@gmail.com with the subject line "Entry Form" OR by mail to O2 Worldwide, c/o O2 Thrive Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA, USA.

SUBMISSION DEADLINES

Each participant sets their own official "start date" for the O2 Thrive Challenge. Their official "mid-way date" is on day 45 and their official "end date" is exactly 90 calendar days after their start date.

The O2 Thrive Challenge Entry Form has three parts (listed below). Refer to the specific submission date and instructions on each form. All three parts of the Entry Form are required for an entry to be complete and valid.

- (1) Starting Information (must be completed within 2 calendar days of your Challenge Start Date and must be emailed or postmarked on or before your Challenge Start Date).
- (2) Mid-Way Information (day 45) (must be completed within 2 calendar days of your Challenge Mid-Way Date and must be emailed or postmarked on or before your Challenge Mid-Way Date).
- (3) Ending Information (90 days exactly) (must be completed within 2 calendar days of your Challenge End Date and must be emailed or postmarked on or before your Challenge End Date).

O2 THRIVE CHALLENGE OFFICIAL RULES AND REGULATIONS, CONTINUED

ELIGIBILITY REQUIREMENTS

Participants must be at least 18 years of age before starting the O2 Thrive Challenge. The O2 Thrive Challenge is subject to applicable federal, state, and provincial laws and is void where prohibited.

Each participant may enter the O2 Thrive Challenge one time.

Each O2 Thrive Challenge participant must be an O2 Worldwide member or customer and is required to use one or more O2 Worldwide products for the three (3) consecutive months of their 90-day Challenge. We recommend saving your O2 Worldwide receipts as they may be eligible for tax advantages and tax deductions. All three parts of the Entry Form are required for an entry to be complete and valid.

TERMS AND CONDITIONS / DISCLAIMERS

O2 Worldwide represents extraordinary examples of what can be accomplished through an integrated system of exercise, nutrition, supplementation, and goal-setting. As individuals differ, their results will differ, even when using the same program.

Each participant assumes all risk of injury, harm, or loss of any kind arising from participation in the O2 Thrive Challenge. Consult with your physician or healthcare provider before starting any new exercise, nutrition, or supplementation program, particularly if you suffer from any medical condition or regularly use prescription or over-the-counter medications. If you are not experienced with strength training, or if you are changing your exercise program, consult with a qualified trainer or coach. Participants expressly release O2 Worldwide, its distributors and affiliated companies, and the directors, officers and employees of any of them, from all risk, loss, injury, damage, or harm that may arise from participating in the O2 Thrive Challenge.

All information and materials submitted on and/or with the O2 Thrive Challenge Entry Form(s) become the sole and exclusive property of O2 Worldwide. Submission of your Entry Form(s) for the O2 Thrive Challenge constitutes your express consent and permission for O2 Worldwide, and any of its subsidiaries and affiliated companies, to use your name, photographs, and written responses (in whole or in part) for marketing purposes to promote their products and business, in any media and in any manner whatsoever, without limitation or restriction or further consideration of any kind.

If O2 Worldwide feels a participant is attempting to defraud the company by manipulating weights, photos, or other extremities, O2 Worldwide has the full right(s) to ask for additional documentation, including official medical doctor-verified weigh-ins and measurement, otherwise no prize money will be awarded in such cases. If O2 Worldwide believes a participant is knowingly trying to defraud the company for the prize money, the company will present the case to the "Challenge Committee" for final decision making. The company has full right(s) to revoke that person's entry from the O2 Thrive Challenge and no reimbursement of any kind will be awarded to that individual.

O2 Worldwide is not responsible for internet connectivity, mail delays, misplaced or lost entries. O2 Thrive Challenge participants must notify O2 Worldwide in writing of any change of mailing address, email address, or phone number before-hand.

O2 Worldwide reserves the right to interpret these rules and, if necessary, to amend the rules at its sole discretion and without notice to individual participants. Any amendments to the rules or changes in prizes will be published online in the www.o2ww.com Back Office and/or emailed to all O2 Worldwide members. Rule interpretations and all judging decisions are final.

Submission of your O2 Thrive Challenge Entry Form(s) shall be deemed your acceptance of these Rules and Regulations (as may be amended) and your voluntary transfer to O2 Worldwide of all right, title, and interest, including copyright, of your photographs and written responses.



Starting Information ENTRY FORM

**** Reminder: Be sure to consult with your physician or healthcare provider before starting any new exercise, nutrition, or supplementation program. ****

1. Take your “before” photos. Wear the same outfit in all “before” photos; either wear a swimsuit or form-fitting clothes. All four photos are required: (1) full body shot – FRONT view; (2) full body shot – SIDE view; (3) full body shot – BACK view; and (4) starting weight and date verification. Photo #4 needs to be of you (or just your feet) standing on a scale (with your weight clearly visible) with a national newspaper (with the date clearly visible; the date must be within 2 calendar days of your Challenge Start Date).
2. Take photos documenting your “before measurements”. Each of these photos must show your applicable body part and a measuring tape, with the measurement number clearly visible. All four photos are required: (1) neck measurement; (2) chest measurement; (3) waist measurement – around the belly button (naval or umbilicus); and (4) hips measurement – the largest part around the butt (rear-end or gluteus maximus).
3. Submit your completed Before Information Entry Form, your four “before” photos, and your four “before measurements” photos. Either email it to o2thrivechallenge@gmail.com with the subject line “O2 Thrive Challenge” OR mail it to O2 Worldwide, c/o O2 Thrive Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA. Per O2 Thrive Challenge Rules and Regulations, it must be emailed or postmarked on or before your Challenge Before Date AND must be received by the corporate office within 15 days of that date.
4. Start your transformation! Use at least one O2 Worldwide product for the duration of your 90-day Challenge.

Please print legibly in blue or black ink. All information is required.

First Name: _____ Last Name: _____

Mailing Address: _____

Phone Number: (_____) _____ – _____ Email Address: _____

Challenge Start Date: / / Mid-Way Date (day 45): / / End Date (90 days exactly): / /

Start Weight: _____ lbs Goal Weight: _____ lbs

Which O2 Worldwide product(s) are you planning to use during your 90-day Challenge? (check all that apply)

- Thrive® O2 Drops® Daybreak® Nightfall®

What are your main reasons for entering the O2 Thrive Challenge? What are you aiming to achieve and why?

If you need more space to write, please continue on the back. We love to hear from you!

Congratulations, you’re ready to go! Start your amazing 90-day O2 Thrive Challenge today!



Mid-Way Information ENTRY FORM

*** Each day reaffirm your commitment to get healthier in your mind and in your heart. Remember that you and only you have the ability to achieve your goals. ***

1. Take your "mid-way" photos. Wear the same outfit in all "mid-way" photos; either wear a swimsuit or form-fitting clothes. All four photos are required: (1) full body shot – FRONT view; (2) full body shot – SIDE view; (3) full body shot – BACK view; and (4) mid-way weight and date verification. Photo #4 needs to be of you (or just your feet) standing on a scale (with your weight clearly visible) with a national newspaper (with the date clearly visible; the date must be within 2 calendar days of your Challenge Mid-Way Date).
2. Take photos documenting your "mid-way measurements". Each of these photos must show your applicable body part and a measuring tape, with the measurement number clearly visible. All four photos are required: (1) neck measurement; (2) chest measurement; (3) waist measurement – around the belly button (naval or umbilicus); and (4) hips measurement – the largest part around the butt (rear-end or gluteus maximus).
3. Submit your completed Mid-Way Information Entry Form, your four "mid-way" photos, and your four "mid-way measurements" photos. Either email it to o2thrivechallenge@gmail.com with the subject line "O2 Thrive Challenge" OR mail it to O2 Worldwide, c/o O2 Thrive Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA. Per O2 Thrive Challenge Rules and Regulations, it must be emailed or postmarked on or before your Challenge Mid-Way Date AND must be received by the corporate office within 15 days of that date.
4. Continue your transformation! Use at least one O2 Worldwide product for the duration of your 90-day Challenge.

Please print legibly in blue or black ink. All information is required.

First Name: _____ Last Name: _____

Mailing Address: _____

Phone Number: (_____) _____ – _____ Email Address: _____

Challenge Start Date: / / Mid-Way Date (day 45): / / End Date (90 days exactly): / /

Mid-Way Weight: _____ lbs Goal Weight: _____ lbs

Which O2 Worldwide product(s) have you been using during your 90-day Challenge? (check all that apply)

- Thrive®
 O2 Drops®
 Daybreak®
 Nightfall®

How do you feel about your transformation so far? What has helped you the most?

If you need more space to write, please continue on the back. We love to hear from you!

Yay! You've made it half way! Keep up the great work on your 90-day healthy living transformation!



Ending Information ENTRY FORM

**** Each day reaffirm your commitment to get healthier in your mind and in your heart. Remember that you and only you have the ability to achieve your goals. ****

1. Take your “after” photos. Wear the same outfit in all “after” photos; either wear a swimsuit or form-fitting clothes. All four photos are required: (1) full body shot – FRONT view; (2) full body shot – SIDE view; (3) full body shot – BACK view; and (4) end weight and date verification. Photo #4 needs to be of you (or just your feet) standing on a scale (with your weight clearly visible) with a national newspaper (with the date clearly visible; the date must be within 2 calendar days of your Challenge End Date).
2. Take photos documenting your “after measurements”. Each of these photos must show your applicable body part and a measuring tape, with the measurement number clearly visible. All four photos are required: (1) neck measurement; (2) chest measurement; (3) waist measurement – around the belly button (naval or umbilicus); and (4) hips measurement – the largest part around the butt (rear-end or gluteus maximus).
3. Submit your completed Ending Information Entry Form, your four “after” photos, and your four “after measurements” photos. Either email it to o2thrivechallenge@gmail.com with the subject line “O2 Thrive Challenge” OR mail it to O2 Worldwide, c/o O2 Thrive Challenge, 3075 N. Fairfield Rd, Layton, Utah 84041, USA. Per O2 Thrive Challenge Rules and Regulations, it must be emailed or postmarked on or before your Challenge End Date and must be received by the corporate office within 15 days of that date.
4. Prizes will be paid out along with your next O2 Worldwide commission check once your form has been received and processed, including verifying eligibility requirements.

Please print legibly in blue or black ink. All information is required.

First Name: _____ Last Name: _____

Mailing Address: _____

Phone Number: (_____) _____ – _____ Email Address: _____

Challenge Start Date: / / Mid-Way Date (day 45): / / End Date (90 days exactly): / /

End Weight: _____ lbs Goal Weight: _____ lbs

Which O2 Worldwide product(s) did you use during your 90-day Challenge? (check all that apply)

- Thrive®
 O2 Drops®
 Daybreak®
 Nightfall®

What had the biggest impact on your results? What are going to do to maintain (or continue to improve) your results?

If you need more space to write, please continue on the back. We love to hear from you!

Congratulations! Enjoy your success and stay committed to your healthy lifestyle!



Examples of acceptable photos verifying weight and date.

