



Wellness and Fitness Professionals Have you been asking yourself

How can I
increase my **income**?
How can I retain my existing clients
and **gain more**?
How can I **inspire** and
educate them?

HOW?

Meltdown Challenge makes it easy for you by offering your clients Online **WEIGHT LOSS** hosted by you.

This program is ideal for Fitness Coaches, Trainers, Nutritionists, Dieticians, Body Builders, Physique Competitors, anyone who works at helping and inspiring other people to become healthier.

Our **SOCIAL DIETING** platform is easy and intuitive.

What is Social Dieting?

People who diet socially, in a group competition setting with financial incentives, are 5-9 more times likely to stick to a weight loss program and lose significantly more weight, a Mayo Clinic Study found. Social dieting is clinically proven. It helps people stay motivated and lose weight, while earning money and having fun.

Meltdown Challenges brings social dieting to the masses by taking it online –where people are already sharing their weight loss struggles. Thanks to Facebook, people feel more comfortable than ever sharing every detail of their lives through social media. Now those over-shares can help people lose weight – all they have to do is join a Meltdown Challenge.

I DON'T HAVE TIME FOR THIS!

All you need is less than 1 hour a day. As a host you have access to **1CLICK HOSTING**, which provides the tools you need to make hosting quick, easy and successful.

Banners, Affirmations, Tips, Advice, Articles and more are all at your fingertips to help you promote your challenge before it begins and keep challengers engaged and motivated throughout.



HOW MUCH DOES IT COST TO JOIN A CHALLENGE?

As a host, you decide the ante, or the amount of cash that challengers wager at the start of a challenge. You can also choose the duration of the challenge and the weight loss goal. Starting a challenge only takes few moments of your time and once you're set up, we make it easy for you to start inviting people.

Choose Challenge Type: **Weight Loss Challenges**

Desired Weight Loss: **4%**

Choose Challenge Amount: **\$25** | **\$35** | **\$45** | **\$50** | **\$75** | **Other**

Choose Challenge Weeks: **4 weeks** | **6 weeks** | **8 weeks** | **12 weeks**

Select Challenge Type: **Open** | **Invite-Only**

DO I MAKE MONEY?

When you host a weight loss challenge, you earn 25% of the winner's pool. The amount of money you make varies based on the ante and number of people you get to join.

As an example, let's say YOU set the ante at \$45 and recruited 239 challengers. Your winners' pool would be \$10,755 and your 25% commission would be \$2688.75.

Here's the breakdown:

Ante \$45	Challenger(s) 239	Winners Pool \$10,755	25% →	\$2688.75
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THINGS WE OFFER

- Private Chat
- 1 Click Hosting
- Lean Recipes
- Meal Plans
- Information on super foods
- Introduce yourself to new Clients
- Post your class Schedule
- Promote your personal services
- Daily Weigh-in that makes challengers accountable
- Post pictures to the challenge Wall
- Daily Reading
- Daily E-mails
- Notification System
- Re-posting
- Auto Posting

CHALLENGER POSTS

Meme Just Posted A Photo:

Muffin tin egg omelet! 4 eggs, 5 egg whites. I used Spinach, fat free cheese, ham, mushrooms, red bell pepper and onion. Mix together and pour into muffin tins. Bake 350 for 20 min. Makes 12... Serving size 3 muffins. Topped off with one piece double fiber toast to make perfect macros!
6.7g fat, 21.6 carb, 25.3g protein 233 cal (3 cups and 1 slice toast)



Unlike Reply 22 hours ago **ONLINE**
2 people like this

Randi & Genevieve's Holiday Meltdown Challenge Said:

I (Genevieve) was inspired by Kait Knight's post about how she is recognizing behavioral changes in herself since starting this challenge. Can anyone relate to this? I am also a stress eater so I find myself wanting to reach for things to eat not even realizing it when I am stressed out. It's a hard thing to correct, but I'm learning! Things that work for me are distracting myself with reading and/or decorating! Ha! (My husband prefers when I read instead of shop- not as fun in my opinion). What works for you?

Have you found things that are NOT working for you? I have found that I need to eat filling meals. The muffins, shakes, and bars are all delicious and I enjoy them, but I find that they don't keep me full for 3 hours so I really need to eat larger meals like salads full of filling veggies and chicken. (That's just me- keep eating those muffins, shakes, and bars if it's working for you!)

So tell us, what works for you and what doesn't! Your responses are helping us all!
Like Reply Jan 14 2014 - 02:47 PM **ONLINE** Chat Now
7 people like this

Jen N. Said:

My 2 week weigh-in and measure day is not until Saturday but I did sneak on the scale this morning and I am down 10 lbs since starting on Jan 4th!! I feel great! It's not hard to wake up in the morning anymore... and I get up between 3:45 and 4am Mon-Fri! I can see changes in my body, my clothes feel a little looser and even my hair and nails look healthier... as strange as that sounds. I am feeling very in tune with my body! I love this site! There is so much support and good information flowing on the wall. I look forward to the daily readings every day! Haha!

Happy Friday Eve, peeps!! Make it a great and HEALTHY day!!
Unlike Reply Jan 16 2014 - 08:12 AM **ONLINE** Chat Now
3 people like this

Kaitknight Said:

I so didn't want to join this challenge because I didn't want to be on a "diet" ... it's amazing the level of commitment I have to myself when I am not feeling forced to do anything specific! I am learning to workout in a way I enjoy... discovered hiking at Round Valley today for the first time- awesome workout and it was a great way to escape and enjoy friendship and nature... plus we burned a bunch of calories!

Like Reply Jan 13 2014 - 06:32 PM **ONLINE**
3 people like this

Kelly H. Said:

Alright! Halfway through week two and I'm doing well. Haven't really added gluten back in yet. Just dairy (I was missing my Greek yogurt!) I did have a Flatout wrap today so that's my first non-GF food. I'm feeling fine with dairy being added in. I am terrible about getting my water in so today I made it a goal to drink at least 4 (16oz) bottles. So I packed them in my car and lunch and gym bag and decided I had to finish all of them before I got home tonight. I did it! So I'll do the same tomorrow and on....

Like Reply Jan 15 2014 - 10:19 PM **ONLINE**
2 people like this

For more information about starting a Meltdown Challenge:

Phone: 949-264-1610

Toll-Free: 800-308-4980

E-mail: wellness@meltdownchallenge.com

[Become an Affiliate](#)