

## \$250K FAQs

### FAQ

#### HOW DOES THE CONTEST WORK?

- Log in to your BodySpace account. Don't have one? [Sign up now.](#)
- Register for the Challenge on this page between December 7-January 8, 11:59 pm MST.
- Upload your "before" photos to the Progress Pics section of your BodySpace account by January 8, 11:59 pm MST.
- Work hard to transform your physique for 12 weeks: January 9-April 2. We can help with a [FREE training plan.](#)
- Upload your "after" photos to the Progress Pics section of your BodySpace account by April 2, 11:59 pm MST.
- You could win up to \$100,000 cash and a Bodybuilding.com photo shoot!

#### HOW DO I REGISTER?

- Sign Up for a [BodySpace](#) Account
- Click the REGISTER NOW button on this page.
- Upload "before" pictures by January 8, 11:59 pm MST.

#### IS THE CHALLENGE FREE?

Participation in the \$250,000 Transformation Challenge is absolutely FREE!

#### HOW AND WHEN WILL WINNERS BE CHOSEN?

A committee of judges from Bodybuilding.com and Optimum Nutrition will choose one male winner and one female winner who have achieved the best overall transformations. They will also choose 25 runners up who also exhibit impressive results. Winners will be chosen based upon physical improvement visible in "before" and "after" pictures and according to the contestant's body-composition stats. Judges' decisions are final. Five People's Choice winners will be chosen by public voting from among the 25 runners-up, based on their results and transformation story. Winners will be notified via email or telephone on or before **May 8, 2016.**

Each week, we will pose a challenge to all participants. All those who complete the challenge will be entered in a random drawing to win a prize.

#### IS THIS CONTEST OPEN TO U.S. RESIDENTS ONLY?

This is a global challenge! It is open to residents of the United States, Canada (except Quebec), and the European Union, and more as noted in the official [Terms and Conditions.](#)

#### HOW DO I KNOW IF MY REGISTRATION WAS ACCEPTED?

You will be taken to a success page, as well as receive an email from Bodybuilding.com within a few minutes of registering. **If you do not receive an email, please check your junk or spam folder.**

#### WHEN DOES MY OFFICIAL 12-WEEK TRANSFORMATION PERIOD BEGIN AND END?

Your 12-week transformation is January 9-April 2, 2016.

#### ISN'T THIS CONTEST THREE MONTHS LONG?

No, the contest is 12 weeks long. Because a month can include anywhere from 28 - 31 days, three calendar months and 12 weeks are not exactly the same length. The exact number of days in this contest is 84 days (12 weeks × 7 days per week = 84 days).

**CAN I CHANGE/UPDATE MY START DATE?**

Nope. Everyone is in this together!

**AM I REQUIRED TO FOLLOW A RECOMMENDED BODYBUILDING.COM TRAINING PLAN AND/OR PURCHASE OPTIMUM NUTRITION SUPPLEMENTS?**

You may work out, eat, and/or supplement in whatever way works for you or as prescribed by your personal trainer or healthcare provider.

**IS A WORKOUT OR FOOD LOG REQUIRED?**

A workout or food log is not required as part of this contest. However, daily or weekly posts to your [BodySpace](#) [BodyBlog](#) are recommended because they will help hold you accountable to other members and find support in return. This will also help you track your progress and stay motivated during the challenge.

**HOW DO I COMPLETE AND SUBMIT MY "BEFORE" AND "AFTER" PHOTOS?**

Upload a front-view, side-view, and back-view picture to the Progress Pics section of your BodySpace account by January 8, 2016 at 11:59 pm MST for "before" pictures and April 2 at 11:59 pm MST for "after" pictures. In the front-view picture, hold up that day's newspaper with the date visible. Or instead of a newspaper, write or print out the Challenge hashtag on a piece of paper and hold it up. The hashtag will be revealed after you register. Wear a swimsuit or clothing that shows ¾ or more of your body, so we can see the amazing changes to your physique.

**DO I HAVE TO HOLD UP A CURRENT NEWSPAPER IN MY "BEFORE" AND "AFTER" PHOTOS?**

In your front-view photos only, hold up that day's newspaper with the date visible. Or write or print out the Challenge hashtag on a piece of paper and hold it up. The hashtag will be revealed after you register.

**HOW DO I BECOME ELIGIBLE FOR THE WEEKLY WINNER PRIZE DRAWINGS?**

Each week, you will receive a \$250,000 Transformation Challenge email. These emails will contain weekly challenges. All those who complete the challenge will be entered in a random drawing to win a prize from Optimum Nutrition.

**WILL MY PICTURES BE PRIVATE?**

No, all your photos will be public.

**WHAT IF MY EMAIL ADDRESS CHANGES DURING THE CONTEST?**

Communications regarding the contest will be sent to the email address on file. It is your responsibility to notify us at [transform@bodybuilding.com](mailto:transform@bodybuilding.com) of a change of email address.