

FREQUENTLY ASKED QUESTIONS

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 18-January 14, 11:59 pm MST.
- Upload your "before" photos to BodySpace from January 1-January 14, 11:59 pm MST.
- Work hard to transform your physique for 12 weeks: January 15-April 8. We can help with a [Bodybuilding.com All Access](#) fitness plan.
- Upload your "after" photos to BodySpace from April 2-April 8, 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 14, 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. Winners will be chosen based upon physical improvement visible in "before" and "after" pictures and according to the contestants' body-composition stats.

Muscle Building, First Challenge Ever, All Access and Transform for Life Winners — will also be chosen based on pictures and body composition. First Challenge Ever must be competing in a Bodybuilding.com transformation challenge for the first time. All Access winners must use one or more [Bodybuilding.com All Access](#) fitness plans during the challenge to achieve their results. Biggest motivator must achieve impressive results while also frequently interacting with other entrants in a positive manner on social media. Transform for Life will be chosen from the group of people that finished the Mission: Possible 16-Week Challenge.

Judges' decisions are final. Winners will be notified via email or telephone on or before May 2, 2018.

Weekly Winners: 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! There are very few country exceptions that are noted in the official [Terms and Conditions](#).

HOW DO I KNOW IF MY REGISTRATION WAS ACCEPTED?

You will be given a success message, 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 15-April 8, 2016. You can start as early as you get your 'before' photos uploaded starting January 1.

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 using the same 12-week timeframe ending April 8.

AM I REQUIRED TO FOLLOW A RECOMMENDED BODYBUILDING.COM FITNESS 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. However, in order to win a Bodybuilding.com All Access prize, you must use one or more of the fitness plans available on [Bodybuilding.com All Access](#) during the challenge to achieve your results.

WHAT IS BODYBUILDING.COM ALL ACCESS?

[Bodybuilding.com All Access](#) is an exclusive subscription service that gives you access to more than 45 expert-designed, gym-proven fitness plans.

IS A WORKOUT OR FOOD LOG REQUIRED?

No, workout or food log is not required. However, regular posts to your BodySpace, posting to Instagram with the challenge hashtag, and interacting with the [Facebook group](#) 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 Section of your BodySpace by January 14, 2016 at 11:59 pm MST for "before" pictures and April 8 at 11:59 pm MST for "after" pictures. In the front-view picture, 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. **NEW IN 2018:** submit a photo of your weight displayed on a scale with the Challenge hashtag written or printed on a piece of paper. The hashtag will be revealed after you register. This is only for weight change reference and only requires you to have hashtag and weight showing.

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

Newspaper will not qualify you. In your front-view photos and a photo of your weight displayed on a scale, hold up a piece of paper with the challenge hashtag written or printed on it. The hashtag will be revealed after you register. Your side view and back view do not require the hashtag.

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 a Weekly Challenge. All those who complete the challenge will be entered in a random drawing to win a prize pack from Optimum Nutrition and a one-year subscription to [Bodybuilding.com All Access](#). If you are a monthly All Access subscriber, the one-year subscription will begin at the end of the month you paid for. If you are already an annual subscriber, you will may choose to receive store credit in lieu of the one-year subscription prize.

WILL MY PICTURES BE PRIVATE?

No, all of 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 of a change of email address.

