

Gut Reset
for Better Health

bodykey
FAT TO GOLD
CHALLENGE

Registration Period

1 Oct - 30 Nov 2024

Embark on a 60-day sustainable weight management journey with BodyKey!

Time to transform your health! Let's turn your fat into a one-of-a-kind treasured asset with the

Limited Edition Nutrilite 90th Years of Growth Gold Coin!



Terms and conditions apply • Visual is for illustration purpose only

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**1 OCT - 30 NOV
2024**

Who Can Join

All Malaysian & Bruneian
ABOs & APCs

How To Join

**Step
1**

**Form a team of 4 members
(1 Leader + 3 Members)**



- 1 member (ABO/APCs) **MUST** be a new sign up from Jan 2024 onwards
- Team Leader **MUST** be 15% & Above ABO

**Purchase the BodyKey Jump Start Kit OR ALP subscription
(each member to purchase one unit)**



BodyKey Jump Start Kit
(New Edition, 325779)



MAL12095029N

OR



**ALP Build-Your-Own
(BYO) Solution 4 (322209)**

**Step
2**

Remark: Purchase of the BodyKey Jump Start Kit (313880) in the month of September OR BodyKey Jump Start Kit (NEW Edition, 325779) purchased from 1 Oct - 30 Nov OR ALP BYO Solution 4 (322209) subscribed from 1 Sep - 30 Nov 2024 will be accepted for the challenge registration. Any purchase/subscription before 1 Sep 2024 are NOT eligible. The purchase of the kit or subscription must be under the Team Leader/Member's own name and account. Husband & wife ABOship must purchase 2x kits/subscriptions, the purchase for each pax **must be made in separate orders** for the registration to be valid.

**Step
3**



Team Leader to register at the BodyKey Challenge Platform* from 1 Oct - 30 Nov 2024 to start the challenge with your team

**Step
4**

Kickstart your 60-day transformation!



Remark: The 60-day duration commences from the day the Team Leader registers at **BodyKey Challenge Platform***. Each Team Leader & team member needs to submit their 'before/pre-assessment' result (Terms & Conditions apply).

* The BodyKey Challenge Platform will open for registration on 1 Oct 2024.

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Winning Criteria

IMPROVEMENT IN
BODY COMPOSITION



OR



OR



OR

-8%
Body Weight

-4%
Body Fat

+2kg
Muscle Mass

IMPROVEMENT IN
HEALTH PARAMETERS



OR



OR



Total
Cholesterol

LDL
Cholesterol

HbA1c

Note: The 'before/pre-assessment' result must be in the **unhealthy range** and shows a minimum improvement of **0.5** in the 'after/post-assessment' result.

Each team member (including team leader) **must meet at least one of the above criteria** to win **1x Limited-Edition Nutrilite 90th Years of Growth Gold Coin** per pax.



Weight: 0.5 gram

Gold purity: 999 by Habib

Diameter: 15mm

Estimated value: RM350





Terms & Conditions

1. The BodyKey Fat to Gold Challenge 2024 is open to all ABOs and APCs from Amway Malaysia and Brunei.
2. ABOs from Amway Singapore with an Amway business in Malaysia/Brunei can also take part in the challenge.
3. Each team must consist of 4 ABOs/APCs, including the Team Leader.
 - a. The Team Leader who forms the team **MUST** be a 15% & Above ABO, and can only lead and be the Team Leader of one (1) team.
 - b. Team members can consist of ABOs or APCs, but can only join one (1) team as well.
 - c. One member of the team must be a new ABO/APC who signed up from January 2024 onwards.



4. Team Leader and all team members must purchase BodyKey Jump Start Kit or ALP subscription to participate in this challenge. Proof of purchase is required upon registration:
 - BodyKey Jump Start Kit (New Edition, 325779) OR
 - ALP Build-Your-Own (BYO) Solution 4 (322209)

Remark:

- Remark: Purchase of the BodyKey Jump Start Kit (313880) in the month of September OR BodyKey Jump Start Kit (NEW Edition, 325779) purchased from 1 Oct -30 Nov OR ALP BYO Solution 4 (322209) subscribed from 1 Sep-30 Nov 2024 **will be accepted** for the challenge registration. Any purchase/subscription before 1 Sep 2024 are **NOT eligible**.
- The purchase of the kit or subscription must be under the Team Leader/Member's own name and account. Husband & wife ABOship must purchase 2x kits/subscriptions, the purchase for each pax **must be made in separate orders** for the registration to be valid.
- Purchases of BodyKey Start-Up Pack (Gut Reset Edition, 318226), BodyKey Start-Up Pack (New Edition, 325780), BodyKey Foundation Kick Start Pack (318131), ALP Build-Your-Own (BYO) Solution 1-3 (322203/322205/322207) **are NOT eligible**.
- Multiple purchases of BodyKey Start-Up Packs or other combination of products are NOT eligible.

5. Registration for the challenge starts on 1 Oct 2024 and ends on 30 Nov 2024, with the last day to register being 30 Nov 2024 at 11:59pm.
6. The BodyKey Challenge Platform will open for registration on 1 Oct 2024. The challenge lasts 60 days, with the start date (Day 1) commencing from the date of the registration by the Team Leader on the **BodyKey Challenge Platform**. For example, if the Team Leader registers on 30 Nov 2024 (counts as Day 1 of the challenge), they will complete the challenge on 31 Jan 2025 (Day 60).

7. Each member of the team will need to get their 'before/pre-assessment' results (body composition reading and blood screening results) ready before the Team Leader registers their team at the **BodyKey Challenge Platform**. Once the team has been registered, each team member will receive an email notification to join the team at the **BodyKey Challenge Platform**. They will be required to fill up their necessary participant registration information individually, and submit their 'before/pre-assessment' results on the same day. The Team Leader plays a vital role in coaching the other team members to complete/fill up all required information and keeping track of the progression of the team throughout the challenge period.

Follow these steps

| | |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pre-challenge Preparation | Each team member to get their 'before/pre-assessment' results (body composition reading and blood screening results) ready. |
| Challenge Starts | Team Registration = Day 1 of the challenge (E.g. 30 Nov 2024) <ol style="list-style-type: none"> 1. Team Leader must register the team at the BodyKey Challenge Platform 2. Each team member to fill up their necessary participant registration information 3. Submit their individual 'before/pre-assessment' results |
| Challenge Ends | Day 60 of the challenge (E.g. 31 Jan 2025) Submit their individual 'after/post-assessment' results |

8. The following measurements and pictures will be required for Day 1 ('before/pre-assessment') result submission from each member of the team.
 - (i) 'Before/pre-assessment' pictures of yourself
 - 1x Front View
 - 1x Side View (left or right)



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- (ii) 'Before/pre-assessment' results (body composition reading via InBody Dial/ InBody device)

- Body Weight,
- Body Fat, and
- Muscle Mass



- (iii) 'Before/pre-assessment' results (health parameters from the Innoquest Blood Screening Report)

- Total Cholesterol
- LDL Cholesterol, and,
- HbA1c

| Lipid Studies | |
|---------------------|-------------|
| Cholesterol | 6.0 mmol/L |
| Triglycerides | 0.55 mmol/L |
| H.D.L. Cholesterol | 1.61 mmol/L |
| L.D.L. Cholesterol | 4.14 mmol/L |
| Tot.Chol./HDL ratio | 3.7 |
| Non-HDL Cholesterol | 4.39 mmol/L |

| Diabetic Studies | |
|-------------------------|-------------|
| Glucose collection type | See PDF |
| Glycated Haemoglobin | 6.2 % |
| HBA1C IFCC | 45 mmol/mol |
| Glucose (serum/plasma) | 6.1 mmol/L |

Remark: Take a screenshot of the Lipid and Diabetic Studies results from the 'Result Overview' page in the 'Hive by Biomark' app.

9. To be eligible as a winning team for the BodyKey Fat to Gold Challenge 2024 and win the Limited Edition Nutrilite 90th Years of Growth Gold Coin, the Team Leader and all team members must achieve at least 1 of the following criteria:

- (i) Body Composition
- -8% Body Weight OR
 - -4% Body Fat OR
 - +2kg Muscle Mass

OR

- (ii) Health Parameters (provided the 'before/pre-assessment' result is in the unhealthy range and shows a minimum improvement of 0.5 in the 'after/post-assessment' result)
- Total Cholesterol OR
 - LDL Cholesterol OR
 - HbA1c

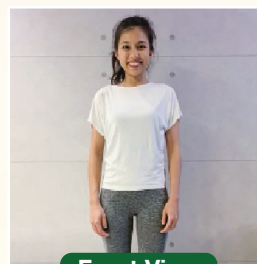
10. If any 1 out of the 4 team members fails to meet any of the criteria, the entire team will be disqualified and none of the Team Leader/team members will be entitled to the Limited Edition Nutrilite 90th Years of Growth Gold Coin.

11. The Team Leader must ensure that by end of the challenge (after Day 60), every member of the team submits the 'after/post-assessment' result in the **BodyKey Challenge Platform**. The participation of the entire team in this challenge will only be considered as 'valid/completed' once everyone in the team has successfully submitted their results at the **BodyKey Challenge Platform**.

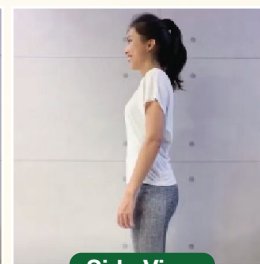
12. The submission of the following measurements and pictures will be required from every team member at the end of the challenge.

- (i) 'After/post-assessment' pictures of yourself

- 1x Front View
- 1x Side View (left or right)



Front View



Side View

- (ii) 'After/post-assessment' results (body composition reading via InBody Dial/ InBody device)

- Body Weight,
- Body Fat, and
- Muscle Mass



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| Glucose collection type | See PDF |
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| HBA1C IFCC | 45 mmol/mol |
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13. Every member of the team is required to take the above measurements twice, one on Day 1 and one on Day 60, which means 2x body composition test with the InBody Dial/device and 2x blood screening tests with the Innoquest Health Screening Pass (HSP).
14. Health screening results conducted by Innoquest in Aug-Sep 2024 can be considered for the 'before' reading. However, for the final or 'after' reading, only results obtained at the end of the challenge will be accepted.
15. It is compulsory for every participant to use the SAME measuring device/tools for all measurements done for the 'before' and 'after' to ensure the consistency and accuracy of the result.
16. ABO/APCs can get their body composition reading by borrowing or purchasing the InBody Dial (292828), or go to the nearest Amway Shop. For the blood screening test, ABO/APCs may purchase the Health Screening Pass (HSP) at amway.my, available on its own (326203) at RM60 or as an add on PWP 2x HSP at RM100 when you purchase the BodyKey Jump Start Kit (325779). Note: Blood screening tests from other service providers/clinics/hospitals are not accepted, and only the blood screening report from the HSP by Innoquest will be accepted for this challenge.
17. Complete information is required for the submission. Any incomplete information or late submission will result in disqualification from this challenge, and any appeal will not be considered.
18. Once submitted, no appeal/changes on the body composition/blood screening results will be accepted.
19. All participants must agree to share their personal data and personal health data with Amway while they are enrolled in the challenge for the purpose of ensuring seamless monitoring and the success of the challenge.
20. Kindly read through the announcement and FAQ material for the challenge details. For any other further enquiries regarding the challenge, kindly email mymarketing@amway.com.
21. All copyrights belong to Amway Malaysia and Amway Brunei and can be used by Amway Malaysia and Amway Brunei in advertorials via any platform, including sales promotions and other publicity activities via multiple communication channels, including but not restricted to digital or print.
22. Amway Malaysia and Amway Brunei reserve the right to replace the rewards with another item or reward of equivalent value, without any prior notice.
23. Amway Malaysia reserves the right to change or overwrite the criteria, terms and conditions of this challenge without prior notice and/or in the event of any dispute.
24. All information submitted by the team must be truthful and accurate. In the event of any discrepancies, Amway reserves the right to take appropriate disciplinary action against the individual and/or team involved.
25. Exclusion criteria of the challenge:
 - Pregnant women or those who are planning to get pregnant.
 - Person who needs or undergoes medical practitioners' monitoring.
 - Persons who are consuming antibiotics to manage their diseases/illnesses.
 - Persons who have any conditions that may impair nutrient absorption in the gut.
 - Persons with a serious physical disability.
 - Persons with any other medical conditions/critical illness (e.g., cancer) which are not listed as above.