



**TRANSFORMATION  
STARTS HERE**



# WHAT IS THE BFT 8 WEEK CHALLENGE

**THE ULTIMATE TRANSFORMATION:** Get ready to become fitter, faster and stronger than ever before. We've got all the tools you need to get the results you're chasing!

The 8WC has everything you need to elevate your training, change your body composition and transform your lifestyle! With Evolt Body Comp Scans and BFT<sup>3</sup> heart rate tracking, we'll keep you accountable and supported to make positive changes to your health and well-being.

We recommend you attend 4-5 BFT sessions a week to see positive fitness outcomes. Aligning with our programming, we put a strong emphasis on gaining or at least maintaining muscle through the 8 weeks, so be sure to attend a mix of strength and cardio classes during your week.

Ultimate 8WC success comes down to nailing your training, recovery and nutrition!

**2025 8 Week Challenges:** Jan 27 - Mar 23 / Jun 09 - Jul 27 / Oct 20 - Dec 14

# THE 8WC HUB

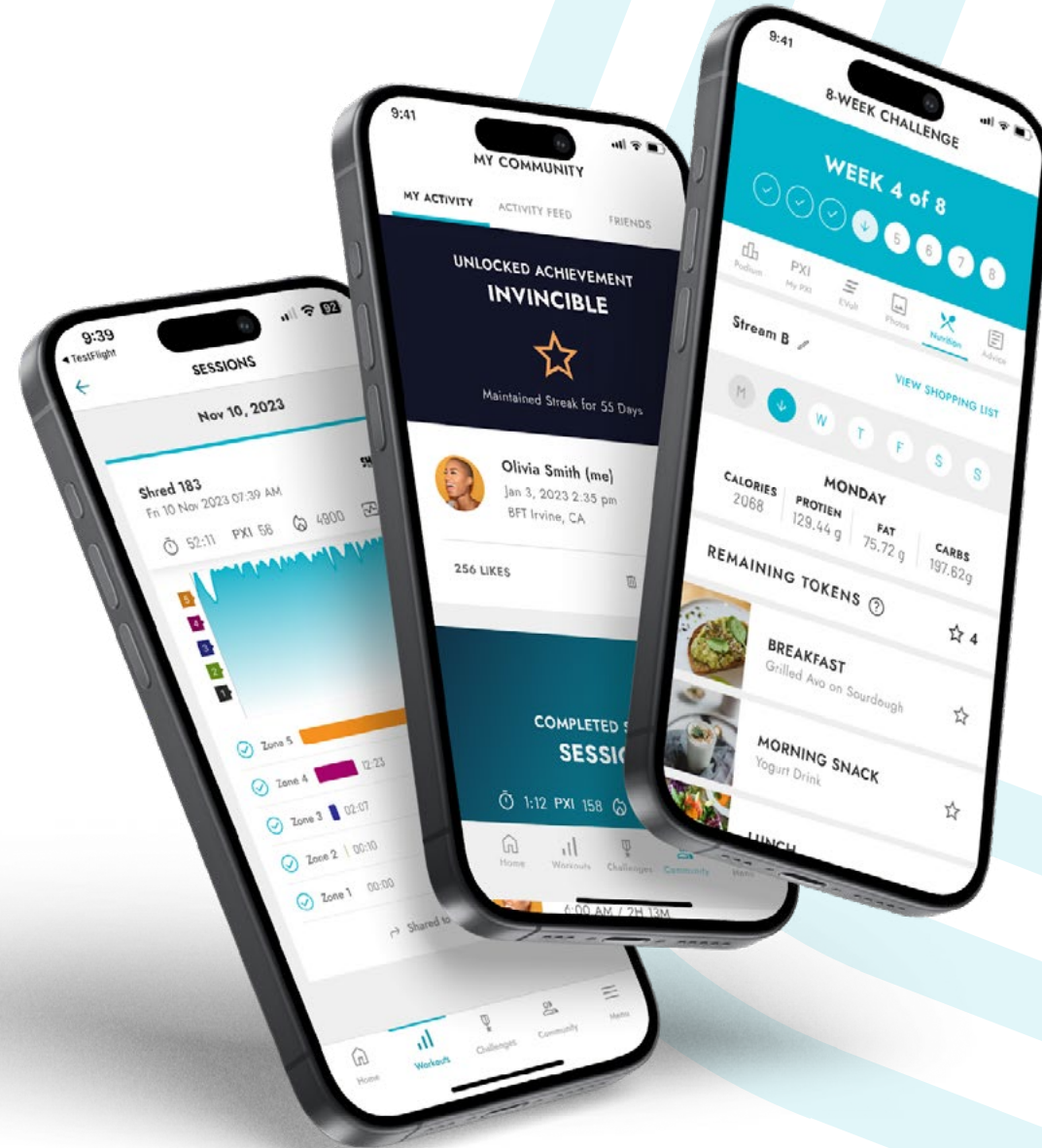
## YOUR CENTRALISED HUB OF CHALLENGE INFORMATION

Joining the BFT 8WC is your entry ticket to the exclusive Challenge Hub.

You will need a BFT<sup>3</sup> heart rate monitor to access the BFT Performance App, and the Challenge Hub. Once in the BFT App, select the Challenges icon to enter your *one stop 8WC shop*.

### In here you'll find:

- Your daily checklist
- Medal tally leaderboard
- Evolt scan data
- Weekly heart rate score
- Meal plans and recipes
- Advice on health, nutrition and training



# CHALLENGE NUTRITION

Every person is unique. You may have similar goals, but your nutrition requirements may vary greatly depending on your body type, starting body weight, muscle mass and physical activity levels.

In order to better match your needs, we have created 5 meal plan streams which you can select from, with different calorie and macro-nutrient ranges:

STREAM A: 1500-1800 CALS

STREAM B: 1800-2100 CALS

STREAM C: 2100-2400 CALS

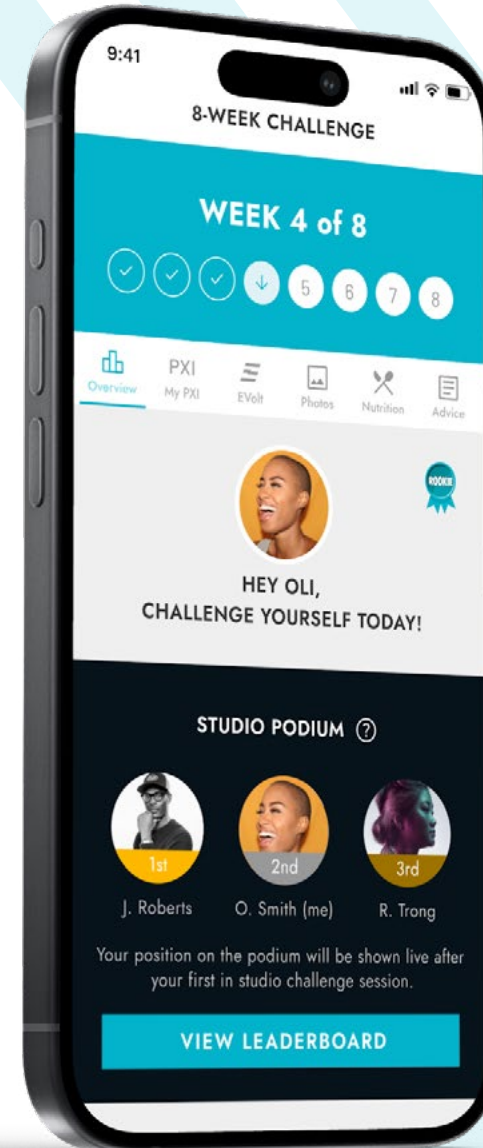
VEGAN A: 1500-1800 CALS

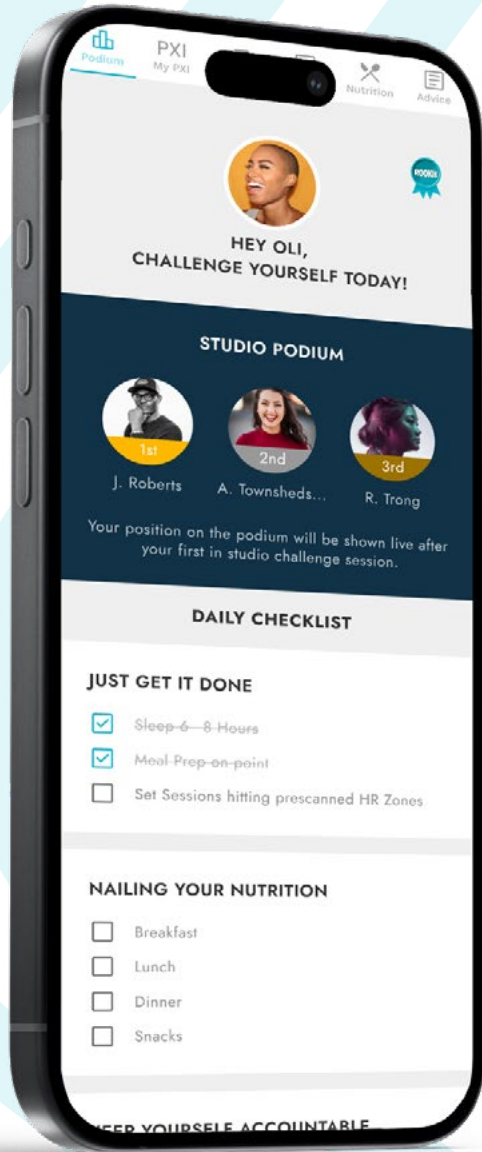
VEGAN B: 1800-2100 CALS

Nutrition is made easy with the 8WC:

- Recipes for every meal of the day for the full 8 weeks
- Daily macros listed for you
- Weekly shopping lists

**We'll give you the knowledge and tools to select your optimal nutrition stream.**





# RESULTS WITH ACCOUNTABILITY

## DAILY CHECKLIST

The Daily Checklist is on the Homepage of the Challenge Hub, and offers you daily accountability to create long-term habits.

## ACCOUNTABILITY TRACKER

Conquer the 8WC with the ultimate sidekick: the accountability tracker! This powerful tool will help you stay on schedule, visually track completed workouts and meals, plus keep you motivated and on pace. This tracker isn't just a log, it's a roadmap to success.

## MINDSET JOURNAL

This 8WC is about more than just physical results. It's about building a strong mindset to support your journey. That's why we created the 8WC Mindset Journal, your secret weapon to creating healthy habits, setting intentions, and reflecting on your experience to stay in tune with your mind.

## GOAL SETTING

We'll give you all the tools you need to set, track, and achieve your goals.



# TRACK YOUR PROGRESS



## BODY COMPOSITION

Joining the BFT 8WC gives you access to x2 Evolt Body Composition Scans to:

- See where you're at before the challenge and set informed and realistic targets
- Select the nutrition stream that best suits your needs and goals
- See your progress at the end of the challenge

## PHOTOS

Your Before and After pics help to see your progress side by side

## PXI

Track your weekly PXI (Performance X Intensity) scores in your BFT sessions to see your training consistency over time



# INTERNATIONAL PRIZE POOL

The BFT HQ judging panel selects International winners based on their overall transformation.

They will look at your before/after photos, and key categories from your Evolt data:

- Fat Lost
- Muscle Gained
- Body Fat Percentage
- Visceral Fat Level

Studios are responsible for determining and providing their members with individual studio challenge prizes.

At the end of the Challenge, each studio will nominate 2 members to BFT HQ for judging.

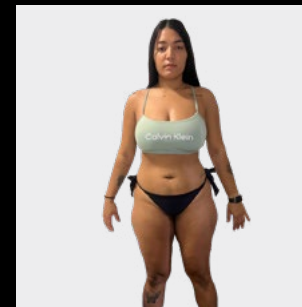
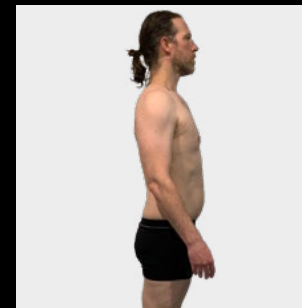
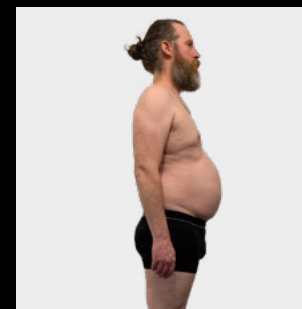
## **\$30,000 AUD TOTAL INTERNATIONAL PRIZE POOL**

WE'RE AWARDING:

- Australia and Europe (UK & Spain): 2 X \$5,000 winners
- New Zealand: 2 X \$5,000 winners
- Asia (SGP, HK, MYS, IDN): 2 X \$5,000 winners

TO BE ELIGIBLE, YOU MUST HAVE:

- Before/After Evolt scans
- Before/After photos uploaded to your Photos page
- 450 weekly PXI score for 7 of 8 weeks





# FACE YOUR FITTER FUTURE

REACH OUT TO YOUR BFT STUDIO TO FIND OUT  
MORE ABOUT THEIR 8 WEEK CHALLENGE