

GOAL AND VALUES		POINT REDEMPTION	
Goal	Point Value	Points	Gift
Run a mile in 9:00 or less	5	200	\$15 Starbucks Gift Card
Run a mile in 8:00 or less	10	200	10 minutes of train the trainer
Run 5K in less than 27 minutes	10	250	Bring a friend for a week
Get to 20 % Body Fat-Women	10	300	XBM Waterbottle
Get to 18% Body Fat-Men	10	300	30 Minutes of Train the Trainer
Perform 30 FULL push ups (MEN) without stopping	10	350	XBM Tshirt or Tank Top
Complete field of dreams in under 10:00	10	400	Free Kickboxing Class
Do an original stadium in less than 4:20	20	500	Beauty Products of choice, ask for details (2)
Run a mile in 7:00 or less	25	750	Free Chiropractic Visit with one of XBM's affiliates
Run 5K in less than 23 minutes	25	750	Free Interim Session
Hold XBM Plank Challenge for entire time	25	1000	Complete Regimen of Beauty Products, ask for details
Get to 17% Body Fat-Women	25	1000	Free Personal Training Session
Get to 12% Body Fat-Men	25	1250	Free Personal Diet/Exercise Analysis (1 hour)
Perform 50 FULL push ups (MEN) without stopping	25	1500	\$100 off next XBM Session
Perform 30 double unders in a row	25	1500	Free Massage/Facial with one of XBM's affiliates
Complete field of dreams in under 8:00	25	2000	Month of XBM Kickboxing
Complete Santa Monica Challenge in under 60:00	25	3000	1/2 Off Next XBM Session
Do an original stadium in less than 3:30	35	5000	FREE XBM SESSION
Run a mile in 6:00 or less	50		
Run 5K in less than 20 minutes	50	Key	
Refer a Friend that signs up for an Interim XBM session	50		Accomplishments
Get to 14% or Lower-Women	50		Maintenance
Get to 9% or Lower-Men	50		Fitness
Perform 75 FULL push ups (MEN) without stopping	50		Participation
Attend EVERY class for an entire session	50		
Perform 50 double unders in a row	50		
Complete field of dreams in under 6:00	50		
Complete Santa Monica Challenge in under 50:00	50		
Take part in a 5 or 10K and complete it	50		
Maintain or lower Body Fat % for 3 consecutive Months	100		
Complete Santa Monica Challenge in under 40:00	100		
Refer a Friend that signs up for Full XBM session	100		
Take part in a half marathon and complete it	100		
Attend EVERY class for two consecutive sessions	150		
XBM Third Place Finish	200		
Maintain or lower Body Fat % for 6 consecutive Months	250		
Take part in a full marathon and complete it	250		
Take part in a triathlon and complete it	250		
XBM Second Place Finish	400		
You can redeem points at anytime or save up your points for a grand prize. Points DO carry over to the following session however, no points are awarded during the interim session.			
**Any other suggestions can be emailed to marketing@xbmchallenge.com but must be approved prior to adding to the list.			