

WAKING LIFE WELLNESS

THE RESET: 6-WEEK TRANSFORMATION CHALLENGE

Frequently Asked Questions

What is The Reset?

The Reset is a 6-week health and fitness challenge designed to help you build sustainable habits, improve your fitness, and achieve visible results through structured workouts, nutrition guidance and accountability.

Who is The Reset suitable for?

The Challenge is suitable for adults aged 18+ who are medically fit to exercise. Whether you're looking to lose body fat, build healthier habits or improve your fitness, the programme can be adapted to different experience levels.

Do I need a gym membership?

No. The challenge includes a Home Workout Plan for those who don't have access to a gym.

What if I'm a beginner?

Beginners are welcome. Exercise modifications will be provided where possible, and you're encouraged to work at a pace that's appropriate for your current fitness level.

What is included?

Your Challenge entry includes:

- A structured training programme.
- A nutrition guide e-book.
- Access to the Challenge community.
- Entry into the Transformation Competition.
- A progress tracker.
- Printable habit tracker.
- £60 off sign-up to Waking Life Wellness services, including: Personal Training, Personal Training + Nutrition, and Personal Online Coaching (see website for more information).

One-to-one coaching, individual nutrition advice and medical services are not included with the challenge.

How much does it cost?

The 6-Week Challenge is **£60 to join**- giving you access to everything you need to build healthier habits, stay accountable and make lasting progress.

Is there a prize?

Yes! The participant judged to have achieved the greatest overall transformation will receive:

- **£200 cash**
- A wellness hamper

How is the winner chosen?

The winner is selected by Abby Leyland based on overall physical transformation demonstrated in compliant before-and-after photographs and verification videos, considering visible body composition changes and adherence to the Photo and Video Guidelines.

Do I have to enter the Transformation Competition?

No. You can complete the Challenge without entering the competition. However, to be eligible for the prizes, you must submit compliant before-and-after photographs, before-and-after verification videos, and consent to Waking Life Wellness using your photographs, videos, first name and transformation story for promotional purposes.

Will my photos be shared?

Only if you choose to enter the Transformation Competition and provide marketing consent. If you do not consent, you can still take part in the Challenge but will not be eligible for the competition or prizes.

What if I have a medical condition?

If you have a medical condition, injury or health concern, you should seek advice from your GP or another appropriate healthcare professional before participating.

Are results guaranteed?

No. Results vary depending on factors such as consistency, nutrition, effort and individual circumstances. No specific outcome can be guaranteed.

Can I get personalised coaching?

The Challenge includes general training and nutrition guidance only. It does not include one-to-one coaching, personalised nutrition plans or medical advice.

However, as a thank you for taking part, all Challenge participants will receive **£60 off** one of the following Waking Life Wellness services:

- Personal Training
- Personal Training + Nutrition Coaching
- Personal Online Coaching

Visit www.wakinglifewellness.co.uk for more information on each service.

Can I get a refund?

The £60 entry fee is non-refundable, as payment provides immediate access to Challenge resources, including downloadable content and discount codes delivered by email.

How do I join?

1. Read Terms & Conditions and Photo and Video Verification Guidelines.
2. Complete the Participant Consent Form.
3. Purchase your Challenge place.
4. Receive your Welcome Email with challenge information.
5. Get ready to start!

Who can I contact if I have questions?

Email abby@wakinglife.co.uk – I'm happy to help!