

# OFFICIAL RULES FOR THE FAMILY HEALTH CHALLENGE FROM FOCUS ON THE FAMILY®



Participation in the Family Health Challenge (the “Challenge”) is contingent on Contestant’s full and unconditional agreement to and acceptance of these Official Rules. The Challenge is sponsored by Focus on the Family, 8605 Explorer Drive, Colorado Springs, CO 80920, and Tyndale House Publishers, Inc., 351 Executive Drive, Carol Stream, IL 60188 (“Sponsors”).

(1) Timing: The Challenge begins at 12:01 a.m. Mountain Standard Time on the date posted (April 1, 2006) and ends at midnight on the Challenge deadline date (August 31, 2006). Family, as defined below, must commit to the Challenge for a minimum of eight (8) weeks. All journals, defined below, must be received no later than September 10, 2006.

(2) Eligibility: The Challenge is open to all families whose family members, as of the date of entry, are between 5 and 99 years of age. A “Family” is defined as a traditional family, including a minimum of two persons related by blood, marriage or adoption. The Challenge is offered only in the continental United States.

Employees, officers and directors of Sponsor, its affiliates, subsidiaries, advertising, promotion and fulfillment agencies and legal advisors, the judging panel, and the immediate family members and persons living in the same household of such persons, are not eligible to participate in the Challenge. The Challenge is void where prohibited by law.

(3) How to Enter: No purchase is required to participate in the Challenge. Valid entries must include the following elements submitted by the Family: (a) official Family Health Challenge Journal (“Journal”) — complete with all required information, including total average points accumulated, (b) the answers to two essay questions, (c) the completed entry form (within the Journal) and (d) a signature signifying originality of the submissions.

(4) Grants: By entering, the Family warrants that the Family is the sole author of the work submitted, and the Family agrees (a) that Sponsors become the owner of all submissions pursuant to the Challenge, (b) to execute any and all documents necessary

# Official Rules, continued

to effectuate such ownership and (c) the Family's name may be displayed on the Family Health Challenge Web site ([www.familyhealthchallenge.com](http://www.familyhealthchallenge.com)) as the Challenge winner. By entry into the Challenge, you consent to full commercial use of your Family's name, address (city and state), statements, voice and likeness without further compensation. You consent to your Family's name and picture to be used in promotional activities regarding the Challenge and in conjunction with the promotion of the book, *Complete Guide to Family Health, Nutrition & Fitness*. Winners will be required to execute a Publicity Consent and Release Form and, if requested, execute a liability release issued by the Sponsors. Failure to timely return the completed Publicity Consent and Release will void prize award, and prize will be forfeited and awarded to alternate winner.

(5) Judging: Once each Journal is screened for compliance with the entry requirements, each Journal will be judged by a panel of judges comprised of the Family Health Challenge advisory board ("Panel"), whose decisions are final and binding. Entries will be judged based on the Family's combined average daily points recorded in the Journal, submission of the Journal and the Family's answers to two essay questions. All decisions are final and are at the sole discretion of the Panel and the Sponsor. Criteria used to determine winners will be based on the highest number of combined average daily points and answers to two essay questions. We will be looking for enthusiastic, original and inspiring responses to both questions. Finalists will be notified and required to send in or fax individual journal tracking sheets.

(6) Prize: The Grand Prize winner of the Family Health Challenge will receive a one-year family membership to the local health club of their choice. Sponsor agrees to pay for initial upfront fees and annual membership up to a maximum total payment of \$1,500. Three runners-up will receive a gift certificate for sporting goods to the store of the Sponsor's choice: 1st runner-up — \$200; 2nd runner-up — \$100; 3rd runner-up — \$50. No alternative prize, cash equivalent or other substitution is permitted except by Sponsor in the event of prize unavailability. Prize is nontransferable. All federal, state and/or local taxes are your sole responsibility. There are three Challenges running concurrently. Families may only participate in one Challenge and are eligible to win the Grand Prize only in the Challenge in which they participate.

(7) Winner Notification: You will be notified by e-mail or telephone and will have seven (7) days from notification to accept the prize by e-mail, mail or telephone.

Sponsor is not responsible for and shall not be liable for late, lost, misdirected or unsuccessful efforts to notify you. If you cannot be contacted or fail to claim prize or to comply with any term or condition of these Official Rules, or if your Family is ineligible, prize will be void and forfeited and an alternate winner selected.

(8) General Terms and Conditions: Sponsor is not responsible, and shall not be liable, for: (a) telephone, electronic, hardware or software program, network, Internet, or computer malfunctions, failures or difficulties of any kind; (b) failed, incomplete, partial, garbled or delayed computer transmissions; (c) any condition caused by events beyond the control of Sponsor that may cause the Challenge to be disrupted or corrupted; or (d) any printing or typographical errors in any materials associated with the Challenge. You agree that Sponsor's only obligation is to submit entries from eligible Contestants (Families) to the Panel according to the procedures and criteria set forth in these Official Rules, and award the prizes set forth herein to a winner, subject to the terms and conditions herein. You agree that Sponsor's obligation is fair and adequate consideration for any entry submitted by your Family, and that your Family is not entitled to and shall not seek any further compensation. Sponsor shall report to the Grand Prize Winner the fair market value of the Prize for tax reporting purposes.

(9) Winner's List/Official Rules: The Grand Prize winning Family's name will be available at Sponsor's Web site and address listed above (see "How to Enter") within thirty (30) days after the Contest is completed.

(10) Sponsor is not liable for any injuries or health complications sustained during the Family Health Challenge. It is the responsibility of the Family to determine the ability of the members of the Family to participate in the Challenge. Before beginning any exercise program, it is always a good idea to check with your physician before making any changes in your physical activity.

