



YOUR GUIDE TO THE

REPUBLIC OF KOREA

ISABODY

CHALLENGE[®]

TRANSFORM YOUR BODY. TRANSFORM YOUR LIFE.





What Is the IsaBody Challenge?

The IsaBody Challenge® is a 16-week total body transformation challenge designed to help support you in reaching your ultimate health and wellness goals using Isagenix products! Everyone who successfully completes the IsaBody Challenge has the chance of winning the grand prize of 10,000,000 KRW and will compete for the title of GLOBAL IsaBody™ Grand Prize Winner at our Global Celebration event for an additional US\$50,000!

BENEFITS OF THE CHALLENGE

During the Challenge, you will set new goals for your health, fitness, and overall wellness. You will be part of a community full of support and encouragement. The IsaBody Challenge is the vehicle to transform your lifestyle. What have you got to lose?

IsaBody Challenge Prizes

	GLOBAL GRAND PRIZE WINNER (Chosen from all Grand prize winners)	GRAND PRIZE WINNER (Chosen from Finalists)	FINALISTS (Two per Judging Period)	HONORABLE MENTIONS (Four per Judging Period)	ACHIEVEMENT AWARD (Anyone who completes the Challenge)
US\$50,000 prize	✓				
₩10,000,000 prize		✓			
₩1,000,000 prize			✓		
₩500,000 prize				✓	
Personal photo shoot	✓	✓	✓	✓	
Global Celebration*	✓	✓			
IsaBody Challenge Pin	✓	✓	✓	✓	✓
Achievement certificate	✓	✓	✓	✓	✓

*Paid expenses include accommodations, airfare, and ground transportation. *Tax will be paid by winner

THE BEST PRIZE OF ALL

Completing the IsaBody Challenge provides participants with a sense of accomplishment by setting and exceeding goals! Whether you are looking to lose weight, gain lean muscle, or age more gracefully, the IsaBody Challenge can help you transform your body, and in the process, become a part of a community of like-minded people who support each other in their individual health and wellness goals.

In order to be eligible for reward trips, winners must maintain or improve their results. Maintenance photos will be required prior to booking the awarded trips. Official rules and prizes can be found at IsaBodyChallenge.com The IsaBody Challenge, all rules and regulations, and any supporting documents are subject to change without prior notice.

Weight loss, muscle gain, lifestyle, and other results depicted here reflect exceptional individual experiences of Isagenix Customers and should not be construed as typical or average. Results vary with individual effort, body composition, eating patterns, time, exercise, and other factors, such as genetic and physiological makeup. If you are pregnant, nursing, diabetic, on medication, have a medical condition, or are beginning a weight-control program, consult your physician before using Isagenix products or making any other dietary changes or attempting to lose weight.

How to Join

Your transformation is at your fingertips! To register for the Challenge, visit IsaBodyChallenge.com, and click the green button that says "Register for the Challenge now!"

ISABODY CHALLENGE

THE PATH TO COMPLETION

1 "Before" Photos: THE FINAL LOOK AT THE OLD YOU

Snap four full-body photos of you standing up (at least one with proof of start date). To register for the Challenge, you must upload your "before" photos within two weeks of your start date.

2 500 BV: USE THE PRODUCTS

You are required to purchase and use 100 BV per month, and you must use a minimum of 500 BV of Isagenix products throughout your 16-week Challenge period.*

3 "After" Photos: SHOW OFF THE NEW YOU

Snap four full-body photos of you standing up (at least one with proof of end date). Upload within two weeks of your end date.

4 Inspirational Essay: TELL US YOUR STORY

Write a 250-500-word essay sharing your IsaBody Challenge® journey. Submit your essay with your "after" photos.

5 Maintenance: PHOTOS AND WEIGH-INS

If you complete three weeks or more prior to your Challenge judging period deadline, you must submit four final full-body maintenance photos (at least one with proof of date)



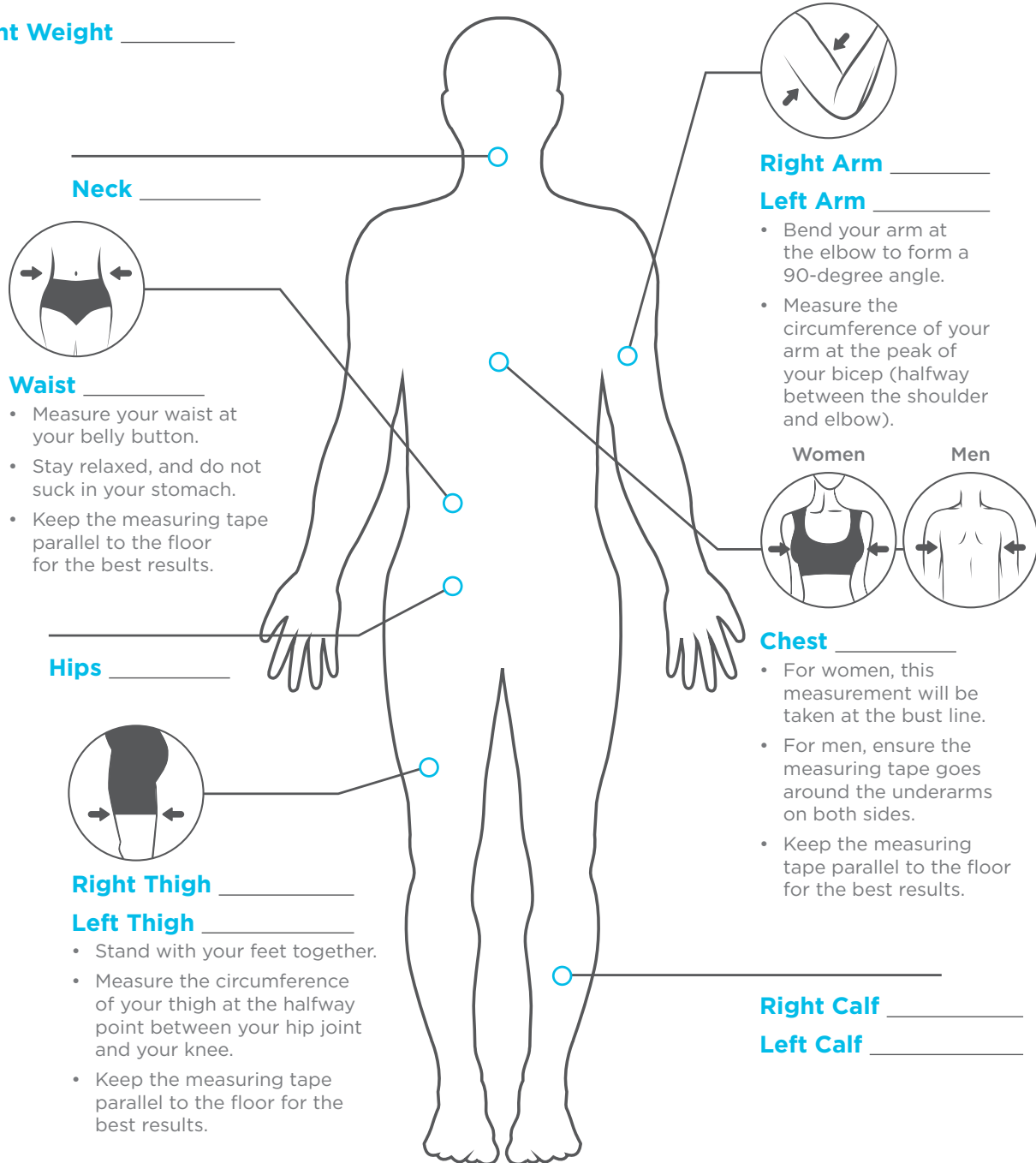
Claudia Tomczyk
2018 AUSTRALIA/NEW ZEALAND
ISABODY CHALLENGE
GRAND PRIZE WINNER

Let's Get Started

To begin the Challenge, you'll want to start by tracking your current measurements, followed by photos of yourself. We recommend taking your measurements in a relaxed, unflexed state on your bare skin, not over clothing.

TAKE YOUR MEASUREMENTS

Current Weight _____



ISABODY STATION

Please visit the ISABODY STATION to take your IsaBody photos. You can also measure your weight, body composition, and each body part using the InBody machine located in the ISABODY STATION at Seoul Business Center.

ISABODY CHALLENGE “BEFORE” & “AFTER” PICTURE TUTORIAL

A picture is worth a thousand words, and the photos you submit to the IsaBody Challenge® could mean the difference between just completing the Challenge and being awarded the grand prize! Follow these simple photography tips to best capture your transformation.

DO

FRONT (TIME STAMP)



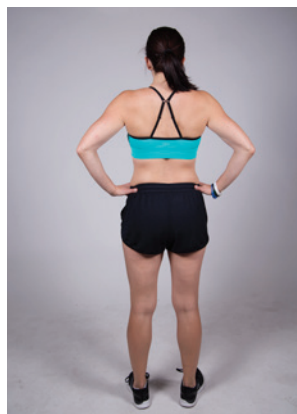
1. Wear trim, fitted athletic clothing. If you feel comfortable, take a picture shirtless (for men) or in a sports bra (for women).

FRONT



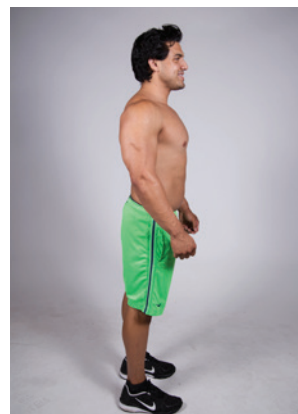
2. Take your picture against a bare wall or white background so you're the focus of the photo.

BACK



3. Take your picture in a well-lit room with a good camera to produce a high-quality image.

PROFILE/SIDE

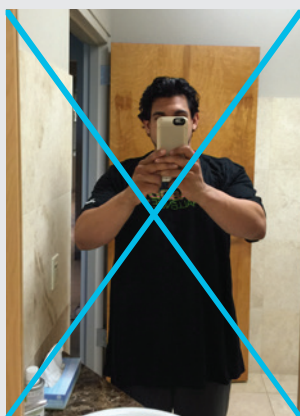


4. Stand up straight with good posture, and have a friend take your picture for the best possible angle.

DON'T



1. Don't wear baggy, loose-fitting clothes.



2. Don't take a selfie or a picture of yourself in the mirror, and don't cover your face.



3. Don't take your picture in front of a busy, back-lit, or cluttered background.



4. Don't take your picture in a dark room or submit a low-quality, pixelated image.

*Modified photos using any software or application such as Photoshop will be rejected and prizes will be canceled.

Next Step

Now that you've taken your photos and measurements, you'll want to keep a journal to help you stay motivated throughout your Challenge. Start by asking yourself these questions:

- What is my “why” or the reason(s) I joined the IsaBody Challenge?
- What are my goals for this IsaBody Challenge?
- What steps will I take to achieve my goals during the next 16 weeks?

Shake Up Your Routine

Stay on track with your goals using a healthy meal replacement option like an IsaLean® Shake. You can easily fuel your body with nutritional support with this delicious offering. Just head to www.isagenix.com to place your order today!



2018-2019 IsaBody Judging Periods

Register for the IsaBody Challenge® at any time! The day you submit your completion materials will determine the Judging Period for which you qualify.

JUDGING PERIOD 1: DATES TO REMEMBER

LAST DATE TO JOIN

to be eligible for this Judging Period

DEC.
5

COMPLETE THE CHALLENGE AND SUBMIT MATERIALS BY

this date to qualify for this Judging Period

MARCH
27

MAINTENANCE PHOTO

is required if you completed the Challenge prior to this date

MARCH
6

MAINTENANCE PHOTO DUE

between these dates

MARCH
20

MARCH
27

JUDGING PERIOD 2: DATES TO REMEMBER

LAST DATE TO JOIN

to be eligible for this Judging Period

MARCH
27

COMPLETE THE CHALLENGE AND SUBMIT MATERIALS BY

this date to qualify for this Judging Period

JULY
17

MAINTENANCE PHOTO

is required if you completed the Challenge prior to this date

JUNE
26

MAINTENANCE PHOTO DUE

between these dates

JULY
10

JULY
17

JUDGING PERIOD 3: DATES TO REMEMBER

LAST DATE TO JOIN

to be eligible for this Judging Period

JULY
17

COMPLETE THE CHALLENGE AND SUBMIT MATERIALS BY

this date to qualify for this Judging Period

NOV.
6

MAINTENANCE PHOTO

is required if you completed the Challenge prior to this date

OCT.
16

MAINTENANCE PHOTO DUE

between these dates

OCT.
30

NOV.
6

TIMELINE EXAMPLES

Below are a few examples to help you understand the Judging Period timelines.

Person A

- Joins IsaBody Challenge **Oct. 28, 2018**.
- Ends IsaBody Challenge **Feb 16, 2019**.
- Submits all completion materials **March 1, 2019**.
- Must submit maintenance photos between **March 20-27, 2019**.

Person A is eligible for 2019 Judging Period 1 in case submit maintenance photos.

Person B

- Joins IsaBody Challenge **Dec. 3, 2018**.
- Ends IsaBody Challenge **March 25, 2019**.
- Submits all completion materials **March 27, 2019**.
- Does not need to submit maintenance photos.

Person B is eligible for 2019 Judging Period 1.

Person C

- Joins IsaBody Challenge **Dec. 3, 2018**.
- Ends IsaBody Challenge **March 25, 2019**.
- Submits all completion materials **March 28, 2019**.
- Must submit maintenance photos between **July 10-17, 2019**.

Person C is eligible for 2019 Judging Period 2. Because Person C did not submit all their completion materials by the March 27, 2019 deadline, they are not eligible for 2018 Judging Period 1 and must submit maintenance photos.

Getting Down to Business

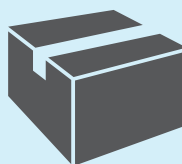
DID YOU KNOW?

The IsaBody Challenge® doesn't just TRANSFORM BODIES AND HEALTH; it can also help TRANSFORM YOUR BUSINESS. Getting your team enrolled in the IsaBody Challenge can help boost retention, increase order basket and Cycles, and help convert product users to business builders!

80%

of the people who join Isagenix and register for the Challenge within their first 90 days, and complete the Challenge, are still with Isagenix a year later.

227 BV

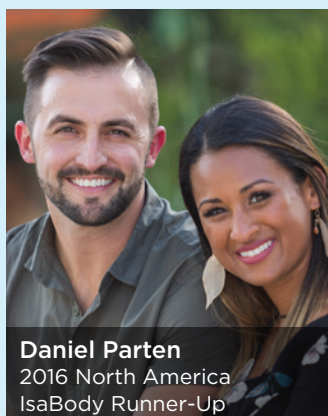


The average BV for a person completing the IsaBody Challenge is 227 BV – that's almost double the average BV for an active Member.



Jesse Johnson
2015 North America
IsaBody™ Finalist

"I believe our business has grown at a fast steady rate because of the IsaBody Challenge. The IsaBody Challenge has given my wife and me the ability to create a story and bring people along with us on our journey by using social media. Staying consistent is an important component."



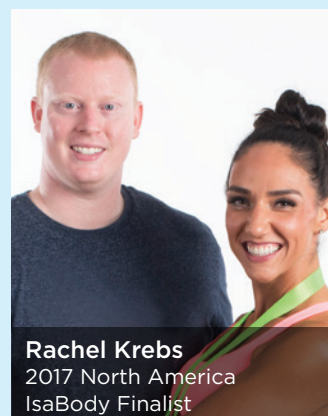
Daniel Parten
2016 North America
IsaBody Runner-Up

"We believe everyone needs support, and that's what the IsaBody community provides. Through encouraging our Customers to enroll in the IsaBody Challenge, we have seen a noticeable increase in retention, as well as more complete and lasting physical, mental, and emotional transformations. Success is contagious!"



Alvie Shepherd
2016 North America
IsaBody Grand Prize Winner

"When I enroll new teammates, I always ask them to create a vision of their ideal life and body. I encourage them to take that vision right into joining the IsaBody Challenge. This has been a huge boost for my Isagenix business, because when people are happy with themselves, they are more likely to continue their Isagenix journey."



Rachel Krebs
2017 North America
IsaBody Finalist

"Our Isagenix business has been such a blessing for our family. It allows me to stay at home with our kids and still be able to contribute to the family's income. It is so awesome getting paid every week for helping other moms and families get healthier and start their own businesses!"

IsaBody Support

ISABODY SOCIAL MEDIA

Share your progress, stay up to date, and become a part of this online community full of IsaBody Challenge participants – past and present – to support you along the way.



[Facebook.com/Groups/IsaBC](https://www.facebook.com/Groups/IsaBC)



[@IsaBody](https://www.instagram.com/IsaBody)

ISABODY CUSTOMER CARE

If you have an exciting IsaBody experience you would like to share, post it on our social media pages using #IsaBody! For any other questions, comments, or concerns, reach out to our Customer Care team at CustomerServiceKR@IsagenixCorp.com.

ISABODY CHALLENGE WEBSITE

For more information on getting started, prizes, rules, and success stories, visit IsaBodyChallenge.com.

THE ISABODY MISSION

WE BELIEVE THAT
TRANSFORMATIONS
ARE FOR EVERYBODY.

TOGETHER
WE INSPIRE, WE SUPPORT, WE REWARD,
AND WE EXCEED OUR GOALS.

WE CHALLENGE YOU
TO EMBRACE
YOUR FULL POTENTIAL.

TRANSFORM YOUR BODY.
TRANSFORM YOUR LIFE.