WLC 1 Couples Challenge: The 5 Rules

Sponsor: Gaspar Consulting LLC, doing business as Phase 3: Permanent Weight Loss · Mon, Jan 4, 2027 to Mon, Feb 15, 2027 · **Free to apply. No purchase needed.**

Couples v3.6, Nov 2, 2026

Both of you must lose a combined total of 40 lbs minimum. Each of you must lose at least 10 lbs. For example, he can drop 25 and you can drop 15, or you can each drop 20. Hit both at the final weigh-in and one couple wins $2,500 cash, 2 retreat tickets, USANA products, and lifetime Phase 3. It's all or nothing: miss either one, you win nothing. Not picked? Get 2 lifetime Phase 3 memberships (one for each of you) for $1,000 total, open until 24 hours after your personal offer message. Then it's $1,500 per couple through Jan 14. From Jan 15, it's $2,500 per person ($5,000 for both). Buying is optional and never affects who is picked.

The 5 rules apply to **each** of you. You play as a team.

1. Show up for both weigh-ins. In person at Richard's office (2323 N Tustin Ave, Santa Ana, CA): Mon, Jan 4, 2027 at 8:00 AM and Mon, Feb 15, 2027 at 8:00 AM. Richard Le and Julia Sargsyan (or another adult staffer we name) witness. Same scale, clothes, and time of day. Both of you and both witnesses sign the log. Everyone filmed OKs the recording (Section 7).

2. Post every day by 11:59 PM PT.

- In Skool, post a breakdown of everything you eat and drink, the same way the Phase 3 program does it.
- On Instagram, post 3 separate 10-second selfie videos: you eating, you drinking, and you walking.
- Tag @richardlep3 and put #Phase3Contest at the start of the caption. TikTok is not required.
- No make-ups, edits or deleting.

3. Make every call. Both of you attend every weekly group Zoom call and every weekly couple call with Richard.

4. Walk and eat right.

- Walk 5 to 60 minutes a day. Follow the plan.
- Eat at least your weight × 8 calories a day. Drink at least your weight ÷ 4 oz of water a day.
- If your doctor gives you different limits in writing, follow your doctor. That's never a violation.

5. Play clean.

- Intermittent fasting is OK, up to 16 hours max. Tell us your eating window in writing ahead of time.
- No longer fasts, no dehydrating, no water pills unless prescribed, and no GLP-1s, weight-loss shots or weight-loss drugs.
- No fake proof. No hiding a doctor's stop or new written limits. Hiding means not telling us about a doctor's stop or new written limits. You never have to share a diagnosis.

Bottom line: If either of you misses a weigh-in, a call, or a daily post without a change we approved in writing, or games the system (extreme fasting, dehydrating, water pills not prescribed, GLP-1s or weight-loss shots, fake proof, hiding a doctor's stop or new written limits), you are both out of the prize. No excuses, no act of God. Hiding means not telling us about a doctor's stop or new written limits. You never have to share a diagnosis. If you feel sick, stop and see your doctor. If your doctor says stop, you stop. That's totally OK, and stopping for your health is never cheating. Any doctor stop ends the prize chance.

How you win

Both of you must lose a combined total of 40 lbs minimum. Each of you must lose at least 10 lbs. For example, he can drop 25 and you can drop 15, or you can each drop 20. Add your 2 start weights. Then add your 2 weights at the Feb 15 final weigh-in. The difference is your combined loss.

All or nothing: if your combined loss is 40.0 lbs or more and each of you lost at least 10.0 lbs at the Feb 15 final weigh-in, you win $2,500 cash ($1,250 each) plus the prizes in Section 10. Under 40.0 lbs combined, or under 10.0 lbs for either of you, you win nothing.

Example: Start 260 + 220 = 480 lbs. Final 238 + 201 = 439 lbs, so 41 lbs lost (22 and 19 each) and you win $2,500 plus the prizes. Final 445 lbs would be 35 lbs lost, so you win nothing. 41 lbs with one of you under 10 also wins nothing.

Prizes at 40 lbs: 2 tickets to the Mindset Retreat (Compass Boot Camp, March 2027, at 2323 N Tustin Ave, Santa Ana, CA) worth $1,000 each (public retail price), $500 retail value (ARV) of USANA vitamins, supplements and/or shakes, chosen by Sponsor, and lifetime Phase 3 for each of you ($2,500 each). Worth $10,000 in all (Section 10). Richard Le, our owner, is a USANA distributor and may earn from USANA sales (Section 10).

Dates (Pacific Time): Promo starts when the WLC 1 video posts · **Applications close Sat, Dec 26, 2026 at 11:59 PM PT, or as soon as we receive 50 complete applications (Section 4a), whichever comes first.** · About 5 finalists named Mon, Dec 28, noon · Finalist forms due Thu, Dec 31, 5 PM · Couple revealed Fri, Jan 1, 2027, 9 AM · Start weigh-in Mon, Jan 4 at 8:00 AM · Final weigh-in Mon, Feb 15 at 8:00 AM · Winner's retreat March 2027 (dates told by Feb 15).

Not picked? Phase 3 prices, per couple: 2 lifetime memberships, one for each partner, for one couple price: $1,000, open until 24 hours after the time stamp on your personal offer message (sent Fri, Jan 1, 9:00 AM PT to Mon, Jan 11) · then $1,500 per couple through Thu, Jan 14, 11:59 PM PT · list price from Fri, Jan 15: $2,500 per person ($5,000 per couple). Optional discounts, not prizes (Section 11).

Typical results: Typical Phase 3 clients lose about 15 lbs in 6 weeks. Your results will vary.

Doctor's OK: Not needed to apply. If you're named a finalist, each of you turns in signed forms, including a doctor's OK, by Thu, Dec 31, 5:00 PM PT. Offices may close Dec 24–25 and Jan 1, so book a visit early in case you're picked.

The full official rules follow on the next pages. Both of you sign them.

Official rules: fine print (both of you sign this)

By signing, each of you agrees to everything in these rules, including the 5 Rules on page 1.

1. Sponsor. Gaspar Consulting LLC, 17875 Von Karman Ave Suite 150, Irvine, CA 92614 (“we” or “us”), doing business as Phase 3: Permanent Weight Loss. Our office, where both weigh-ins happen and where the retreat is planned, is at 2323 N Tustin Ave, Santa Ana, CA. These rules replace all earlier WLC 1 rules, including Couples v1.6. The earlier Men vs. Women contest is closed.

2. No purchase necessary. It is free to apply, play, and win. No purchase is needed. Buying anything from us (coaching, a Phase 3 membership, meal preps, a retreat, or anything else) does not help you get picked or win, and it never changes your result. Being a Phase 3 member already gives you no edge. The Phase 3 discounts in Section 11 are offered only after picks are announced, so buying can never affect a pick. Following our accounts is always optional. Only the picked couple must post and tag us (Rule 2).

3. Who can apply. A “couple” means 2 adults in a committed relationship, married or not, who live together. Any genders. You apply together. **Each** of you must:

- Be 18 or older
- Be able to make every weigh-in, call, and daily post
- Live in Orange County, Los Angeles County, Riverside County, or San Bernardino County, California, and be able to come to our office (2323 N Tustin Ave, Santa Ana, CA) in person twice (Mon, Jan 4, 2027 and Mon, Feb 15, 2027). Travel costs are your own.
- Weigh at least 40 lbs over the top of the healthy range for your height (BMI 24.9, same for men and women), and have a waist at least half your height in inches (see the chart below)
- Not be pregnant or breastfeeding. This is a safety rule: this weight-loss contest isn’t safe for you or your baby while you are pregnant or breastfeeding, so your doctor can’t clear you for it (Section 6).
- Not be taking a GLP-1 or any weight-loss drug, and not have taken one in the last 90 days
- Not work for us, or live with someone who does (other than your partner in this contest)
- Have a public Instagram account you already use. You may make a new one only if you have never had one.
- Agree to the 5 Rules, the daily posts, the calls, and the 2 recorded in-person weigh-ins

Entry chart (each person). Measure your waist around the belly button, tape level, after a normal breath out. We check height, weight, and waist at the start weigh-in. If either of you doesn’t qualify, the couple can’t play.

Height	Healthy (lbs)	Min weight	Min waist	Height	Healthy (lbs)	Min weight	Min waist
4'10"	89–119	159	29.0"	5'9"	125–169	209	34.5"
4'11"	92–123	163	29.5"	5'10"	129–174	214	35.0"
5'0"	95–128	168	30.0"	5'11"	133–179	219	35.5"
5'1"	98–132	172	30.5"	6'0"	136–184	224	36.0"
5'2"	101–136	176	31.0"	6'1"	140–189	229	36.5"
5'3"	104–141	181	31.5"	6'2"	144–194	234	37.0"
5'4"	108–145	185	32.0"	6'3"	148–199	239	37.5"
5'5"	111–150	190	32.5"	6'4"	152–205	245	38.0"
5'6"	115–154	194	33.0"	6'5"	156–210	250	38.5"
5'7"	118–159	199	33.5"	6'6"	160–215	255	39.0"
5'8"	122–164	204	34.0"				

4. How to apply and how the couple is picked. Apply together on our online form. **Applications close Sat, Dec 26, 2026 at 11:59 PM PT, or as soon as we receive 50 complete applications (Section 4a), whichever comes first.** Only 50 complete applications can enter (Section 4a). **The application** is just your names, email, and cell. We announce picks by text and email, so use your real ones. **Need help applying?** Email emma.vargas@phase3permanentweightloss.com. Anyone can ask, and you don’t have to say why. Put both partners’ names and a phone number in your email. Your time stamp is the time our inbox gets your email, if it comes in before applications close. We reply within 24 hours and fill out the same form with you. You must finish within 48 hours after our first reply, and no later than Sun, Dec 27, 2026 at 11:59 PM PT. If you don’t finish in time, your request doesn’t count; you can still apply the normal way if applications are open. One help request per couple. Open help requests count in time-stamp order with everyone else. If one doesn’t finish after we close, its spot does not reopen. We never ask about health or disability. **On the form, right above the Apply button:** “By applying, you agree we may email you about WLC 1 and our future contests and programs. Unsubscribe anytime.” The form link is on our Instagram contest video and our home page, phase3permanentweightloss.com/home. **Tagging:** on our Instagram contest video, you may tag your partner in the comments. If you comment the word COUPLE on that video, our system sends you one automatic Instagram message with the apply link. We only message people who comment COUPLE, and we send each of them no more than 1 automatic message. Only tag real people, and never tag anyone in a photo or video they are not in. **Tagging and commenting are never required to apply, and they never help or hurt anyone’s chance of being picked.** Tags and comments are not counted, and this is not a vote. Nothing on Facebook is part of this contest. Anyone can apply on the form without tagging, being tagged, commenting, following, or posting. We check health, eligibility, and forms only if you are named a finalist. You don’t need a doctor’s OK to apply. Forms are needed only if you’re named a finalist. If you are, each of you turns in every Section 6 form, including a doctor’s OK, by Thu, Dec 31, 2026 at 5:00 PM PT. Doctor offices may close Dec 24–25 and Jan 1, so book a visit early in case you’re named a finalist. No one is picked before applications close, and every counted couple (Section 4a) gets the same fair look. **Finalists:** by **Mon, Dec 28, 2026 at 12:00 PM PT**, Richard names about 5 finalist couples and tells them by text and email. Finalists turn in their forms by Thu, Dec 31, 2026 at 5:00 PM PT (Section 6). On **Fri, Jan 1, 2027**, Richard picks 1 couple and names 2 backup couples (backup 1 and backup 2) from the finalists whose forms are all in, and reveals the picked couple at 9:00 AM PT. If fewer than 3 finalist couples turn in all their forms, Richard may name more finalists or pick fewer backups. Richard picks finalists and the couple on the same things: (a) you both meet Section 3 and the chart, (b) you are both all in: commitment and energy, (c) your story, as you tell it on the form or a call, and (d) you are both OK being on camera. Having a doctor’s OK already does not help you get picked: every finalist must turn in the same forms, so it’s a step everyone does, not a bonus. Richard may call applicants before he names finalists, and finalists before he picks. Everyone on a call gets the same commitment questions, and we never ask about your health on a call. **Booking a call never affects who is picked.** In December we may invite applicants to book a call. Invites have no prices. Invite emails are labeled as ads and go only to people who haven’t unsubscribed; invite texts go only to people who checked the texting box (Section 19). Selection is never based on disability, medical condition, race, religion, sex, gender, marital status, sexual orientation, or any other trait protected by law. Only 1 couple is picked from at most 50 complete applications, so the odds depend on how many complete applications we get. Richard’s pick is final.

4a. Only 50 complete applications: closing early. Applications close Sat, Dec 26, 2026 at 11:59 PM PT, or as soon as we receive 50 complete applications (Section 4a), whichever comes first.

- **What counts toward the 50 complete applications:** one complete couple application. That means both partners’ required fields are filled in and the form is submitted. Both partners must also check “yes” to the basic checks on the form: both of you are 18 or older, you live together, and you live in one of the 4 counties. We count them in the order our system time-stamps them.

- **What doesn't count:** partial or unsubmitted forms, exact duplicates, and a second application from the same person or couple. If two forms tie, the earlier time stamp wins. We keep the first complete application from each person or couple.
- **If you're filling out the form when we hit 50:** WLC 1 entries close when the 50th complete application is time-stamped. Anything submitted after that time stamp is not a WLC 1 entry, even if you started it earlier. There is no grace period. Our system time stamp decides, in the order received.
- **Applying after we hit 50:** we still accept your form, but only as a lead for our next contest (Section 4b). It is NOT a WLC 1 entry. It gives no chance to win anything in WLC 1, and we don't promise you a spot in any contest. You get a plain email like: "We're sorry, WLC 1 has reached 50 complete applications. We'll contact you about our next contest." Its subject is plain, like "Your WLC 1 application: the contest is full." It has no prices, no Phase 3 offers, and no "last chance" words.
- **If a counted couple drops out:** if a counted couple is later disqualified or withdraws, the spot does not reopen.
- **When it fills:** the same day, we turn off the COUPLE auto-message, pause all paid ads, and take the apply links off our home page and our link in bio. Within 24 hours, we post "Applications are closed (50 complete applications)" on the apply page and in our Instagram contest caption, and we stop all posts asking people to apply. We don't show a live count. If we ever say how many spots are left, it will be the real number.
- **If we get fewer than 50 complete applications:** the Sat, Dec 26, 2026 at 11:59 PM PT close stands.

4b. Waitlist (our next-contest list). Forms we get after the 50th complete application go on the waitlist. The waitlist is only an interest list for our next contest. It is NOT an entry into WLC 1 and gives no chance to win anything in WLC 1. Being on it does not promise you a spot in any contest. There is no cost to join it. **Emails:** we may email you about our next contest. Our "WLC 1 has reached 50 complete applications" email and every later email has an unsubscribe link and our mailing address: Gaspar Consulting LLC, 17875 Von Karman Ave Suite 150, Irvine, CA 92614. Emails about our next contest or Phase 3 are clearly labeled as ads. Subject lines never suggest you entered WLC 1 or can win anything in it (never "You're in!"). Example: "You're on our next-contest list." **Texts:** only if you checked the separate, unchecked, optional texting box (Section 19). If you unsubscribe or reply STOP, we send you nothing more. **Phase 3 prices:** waitlist couples may also get the Section 11 Phase 3 prices, on the same dates and terms. We send that offer only from Fri, Jan 1, 2027 at 9:00 AM PT, by email (labeled as an ad) if you haven't unsubscribed, and by text only if you checked the box. Buying is optional and gives no WLC 1 entry.

Backups. Backup couples are finalists, so every Section 6 form is already in by Thu, Dec 31, and a backup is ready to go. Every couple gets the same 6 weeks. The picked couple's final weigh-in is Mon, Feb 15, 2027 at 8:00 AM. If the picked couple can't start at the 8:00 AM Mon, Jan 4 weigh-in, Backup 1 takes their place, then Backup 2. A backup couple has their start weigh-in at 8:00 AM on a day we set, no later than Fri, Jan 8, 2027, and the contest ends for them on the same 6-week schedule, with their final weigh-in 6 weeks after their start, at 8:00 AM. If no couple is ready by Jan 8, we may pick again from the finalists, or cancel and tell everyone who applied.

5. How the contest runs. From Mon, Jan 4, 2027 to Mon, Feb 15, 2027, the picked couple plays in our Skool group, on a weekly 30–60 minute group Zoom call, and on a weekly couple Zoom call with Richard. These are part of playing, not a prize. If the couple is out of the prize, the contest ends for both of you, including the group and the calls.

6. Doctor and safety. See your doctor before you start any weight-loss plan. **Each** person in every finalist couple must turn in: (a) our 1-page Physician Clearance Form, signed by a licensed physician (MD/DO), nurse practitioner (NP), or physician assistant (PA) on or after Oct 28, 2026 (in-person or telehealth visit is fine; your usual doctor visit is fine), (b) your own signed liability waiver (it covers the contest, injuries at our office such as slips, falls, or the scale, and travel to and from the office), (c) your own signed photo and video release, which names the filming at our office, and (d) your own signed recording consent (Section 7). **Deadline:** Thu, Dec 31, 2026 at 5:00 PM PT. Doctor offices may close Dec 24–25 and Jan 1, so book a visit early in case you're named a finalist. You don't need a doctor's OK to apply, and only finalists turn in forms. Every finalist turns in the same forms, so having them never gives anyone an edge. One partner can't sign for the other. If any form is missing for either of you by the deadline, the couple can't be picked or named a backup (Section 4). If the doctor marks "not cleared" for either of you, the couple can't be picked, named a backup, or start. We check the provider's license online (California's BreEZe license lookup, or the provider's state licensing board). We do not contact the provider or the office. In the limits box, the provider lists limits only, no drug names or conditions. We delete clearance forms and the health questionnaire by Jun 30, 2027, unless needed for a dispute. You play at your own risk. If you lose more than 2% of your body weight in one week, tell us; we may ask for a new signed clearance before you continue.

Follow your doctor. Follow your own doctor's advice on medications, diet, and exercise. Do not change or stop any medication without your doctor. If your doctor gives you different limits in writing (including the restrictions box on the clearance form, which your doctor may update during the contest), follow your doctor. That is never a rule violation. If your doctor's limit keeps you under 10 lbs, you can't win the prize. Following your doctor always comes first. We do not give medical advice. The sponsor, Phase 3, and their coaches and staff are not your doctors.

If you feel sick. Stop and see your doctor. If your doctor says stop, you must stop. That's totally OK, and stopping for your health is never cheating.

Any doctor stop ends the prize chance: because the goal is combined, if either of you stops on a doctor's orders, the couple is out of the prize, to keep it fair. There is no pause, and the contest ends for both of you.

Don't hide a health problem. Tell us and your doctor about any doctor's stop or new written limits. Hiding means not telling us about a doctor's stop or new written limits. You never have to share a diagnosis. If either of you is found hiding, the couple is out of the prize. To the fullest extent the law allows, we are not responsible for harm that comes from something you hide. Nothing in these rules waives our gross negligence, fraud, willful injury, or breaking the law; the law doesn't allow that.

Reasonable changes. Need a reasonable change to HOW you do a rule (not skipping it)? Examples: moving your couple call to another day that same week, or having someone help film your posts. Ask us in writing at emma.vargas@phase3permanentweightloss.com before Jan 4, or as soon as the need comes up. We decide each written change request within 2 days, and say no only if it changes the contest itself. A miss we didn't approve in writing still takes you out of the prize.

7. In-person weigh-ins and proof. Both weigh-ins happen in person at Richard's office, 2323 N Tustin Ave, Santa Ana, CA: Mon, Jan 4, 2027 at 8:00 AM and Mon, Feb 15, 2027 at 8:00 AM. Richard Le and Julia Sargsyan (or another adult staffer we name) are the 2 witnesses. To count, each weigh-in must follow all of these:

- **Same scale:** we use the same office scale both times, on a hard, flat floor, and check it with a known weight right before each weigh-in.
- **Same clothes, same time of day:** wear the same light clothes both times, no shoes.
- **Private weigh-in:** each of you weighs alone, behind a screen or in a private room. Then we measure your waist (belly button, tape level, after a normal breath out).
- **Proof:** a dated video of each weigh-in plus a photo of each scale number. Both partners and both witnesses sign the weigh-in log.
- **Your number, your choice:** your scale number is shown on camera only with your OK. You may stop public filming at any time. The private proof video still has to happen.
- **Recording consent:** California law requires everyone's OK to record a private talk, in person too. Everyone filmed signs a recording consent and says "OK" on camera when Richard asks, "This is being recorded, OK?" We only film people who signed, including anyone who walks into the shot. Kids and other office visitors stay off camera.
- **Late or absent:** if you are late or don't come, that is a missed weigh-in. If the problem is on our side, we will reschedule within 24 hours.

8. Daily posts. Each of you posts your own Rule 2 posts by 11:59 PM PT every day from Mon, Jan 4, 2027 to Mon, Feb 15, 2027. Tell us your eating window in writing before Jan 4, and before any change. No make-ups, no editing that changes what happened, no filters that hide anything, and no deleting. Please also say "Phase 3 contest" out loud in your videos. If Instagram or Skool removes a post and you didn't cause it, that is not a

violation; tell us right away and we will use your original file. **TikTok and Facebook are not part of this contest.** TikTok's rules don't allow branded content for weight-loss services, so don't post contest content there as branded content. Keep kids off camera. Don't show your house number, street signs, mail, license plates, or anything that shows where you live or work.

9. Getting disqualified. The couple loses prize eligibility if either of you breaks any rule, misses a weigh-in, call, or daily post, hides a doctor's stop or new written limits, cheats, gives fake proof, or lies on the application. Hiding means not telling us about a doctor's stop or new written limits. You never have to share a diagnosis. Unless we approved a change in writing (Section 6), there are no excused absences, including illness, emergencies, travel or traffic, holidays, phone or internet problems on your end, or a death in the family. Following your doctor's written limits is never a violation. A doctor stop also ends the prize chance. It is never cheating. Our attendance record is what counts. If you're out, the contest ends for both of you. Our decisions are final.

10. The prize (all or nothing). Weigh-ins follow Section 7. Both of you must lose a combined total of 40 lbs minimum. Each of you must lose at least 10 lbs. For example, he can drop 25 and you can drop 15, or you can each drop 20. Both goals count only at the Feb 15 final weigh-in. There are no smaller prizes. Prizes won on fake proof must be paid back.

- **$2,500 cash:** $1,250 to each of you if your combined loss is 40.0 lbs or more and each of you lost at least 10.0 lbs at the Feb 15 final weigh-in. If you miss either one, you win no cash and no prizes below.
- **2 tickets (one each) to the Mindset Retreat (Compass Boot Camp)**, March 2027, at our office, 2323 N Tustin Ave, Santa Ana, CA. We will tell you the exact dates by Mon, Feb 15, 2027. Each ticket is a non-cash prize worth $1,000, its public retail price. A ticket covers entry to all retreat sessions for 1 person. Travel, lodging, and meals are not included.
- **USANA products:** $500 retail value (ARV) of USANA vitamins, supplements and/or shakes, chosen by Sponsor. Described only as "USANA Health Sciences received a Platinum Medal of Achievement (NutriSearch Comparative Guide, 6th ed., 2017)," never "best," "#1," or "only." Sponsor buys them at retail price. **USANA disclosure:** Richard Le, owner of Sponsor, is an independent USANA distributor. He may earn money from USANA sales, including when we buy this prize.
- **Lifetime Phase 3 access** (for as long as Phase 3 operates) for each of you, $2,500 per person, $5,000 for both, its list price from Jan 15, 2027, including group coaching.
- **Total:** $2,500 cash, plus 2 retreat tickets ($2,000) and lifetime Phase 3 for both of you ($5,000), plus USANA vitamins, supplements and/or shakes ($500 ARV), for $10,000 total ARV for the couple ($5,000 each). Prize values match our tax forms (Section 12).
- **Notice and payment:** We tell you right after the final weigh-in if you won. Forms and W-9 are signed on site. If either of you doesn't sign, the prize is lost. We pay the cash by check or ACH bank transfer (your choice) within 14 days after we get the signed forms and W-9.
- Tickets, supplements, and Phase 3 access can't be traded for cash. If you can't go to the retreat, you may give your ticket to a person 18 or older who signs our release. If the retreat is moved, your ticket is good for the new date. If it is canceled, or you can't attend the new date, we pay you $1,000 cash per ticket instead.

11. If you're not picked: Phase 3 prices. Every eligible couple (meets Section 3) counted among the 50 complete applications (Section 4a) who isn't picked may join lifetime Phase 3 at a discount. The price is per couple: **2 lifetime memberships, one for each partner, for one couple price.** The list price is $2,500 per person, so $5,000 for a couple. **One partner alone** may buy just 1 membership at half the couple price: $500 during your $1,000 window, $750 through Jan 14, and $2,500 from Jan 15. These are discounts, not contest prizes. **Buying is optional and never affects who is picked. Booking a call never affects who is picked.** No offer goes out before picks are revealed Fri, Jan 1, 2027 at 9:00 AM PT.

- **Results notice:** on Fri, Jan 1, 2027 at 9:00 AM PT, every counted applicant gets a plain results notice by email, subject "WLC 1 results." It has results only: no offer, no prices, no Phase 3 links, and no sales pitch. It goes only to applicants who haven't unsubscribed. We also post the results on Instagram and our apply page.
- **Your offer message:** each eligible couple who isn't picked gets one personal offer message ("offer message"). We send it by email, and also by text if you checked the optional texting box. Your $1,000 price gets you 2 lifetime memberships, one for each of you. It is open until 24 hours after the time stamp of the first offer message we send you. One offer and one window per couple, and we never restart it. Every offer email is clearly labeled as an ad and has an unsubscribe link and our mailing address (Section 1). Subject lines are honest. We never say you "won" the price or that it is a prize.
- **When offer messages go out:** only from Fri, Jan 1, 2027 at 9:00 AM PT to Mon, Jan 11, 2027 at 11:59 PM PT. If you book a call, you get yours during or right after the call, and your $1,000 window runs until 24 hours after the message's time stamp, not the call. Every couple we haven't reached by then gets theirs on Mon, Jan 11, 2027 at 9:00 AM PT. We send texts only between 8 AM and 9 PM your local time. Emails may go out any time.
- **If you buy before your offer message arrives** (on or after Jan 1 at 9:00 AM PT), you still get $1,000, and we email your offer message at checkout (a text goes only between 8 AM and 9 PM your local time).
- **If you unsubscribed:** the offer message is marketing. We send it by email only if you haven't unsubscribed from our emails, and by text only if you opted in to texts. If you unsubscribed and still want your offer, contact us at emma.vargas@phase3permanentweightloss.com. We send that 1 offer, and your window runs until 24 hours after we send it. We still send it by Mon, Jan 11, 2027 at 11:59 PM PT. It has an unsubscribe link and our mailing address (Section 1), we log your request, and it does not sign you back up for other emails. We honor unsubscribes within 10 business days. Every text says Reply STOP to opt out. We also stop texting if you reply STOP, END, CANCEL, UNSUBSCRIBE, QUIT, STOPALL, REVOKE, or OPT OUT (or OPTOUT), or tell us in plain words (like "no more texts") by text, email, Instagram, or on a call.
- **After your $1,000 window:** you pay the dated price in effect when you buy: $1,500 per couple through Thu, Jan 14, 2027 at 11:59 PM PT, then the list price from Fri, Jan 15, 2027 at 12:00 AM PT: $2,500 per person ($5,000 per couple). (Every $1,000 window ends by Tue, Jan 12, 2027 at 11:59 PM PT, so none runs past Jan 14.)
- **Proof:** the time stamp of your first offer message in our email or text system is the official start time. The message shows your exact end time in Pacific Time. Our checkout ends the $1,000 price at that time automatically. If a coach takes a payment by hand, the coach first checks the time stamp and writes down the time checked and their name in our records. We keep these records for at least 4 years.

Prices go up only on the dates above. After each deadline, we really charge the higher price. We never extend a price or give 'one more day.' No fake countdowns. A discount has no cash value and can't be traded or sold.

12. Taxes. Each winner pays their own taxes on what they win. You owe tax on the full value of your share, including the ticket, supplements, and Phase 3 access, not just the cash. Each winner signs an IRS Form W-9 before any cash or prize is given. We send each winner an IRS Form 1099-MISC when the law requires it.

13. Using your story. Each of you signs your own photo and video release, which covers filming at our office. Under it, you let us use your name, photos, videos, voice, before-and-after pictures, weight (only if you OK'd showing it), and story in our ads and posts, as the release explains. We will not add voice-overs that change what you said. We never use your health questionnaire or clearance form in ads (Section 19).

14. Social media. This contest is not run, sponsored, endorsed, or approved by Instagram, Facebook, Meta, TikTok, YouTube, Google, or Skool. You release them from any claims.

15. Results. Typical Phase 3 clients lose about 15 lbs in 6 weeks. Your results will vary. Lose weight at a pace your doctor approves. Past results of other people do not promise your results.

16. Be respectful and stay safe online. Keep your Instagram account public and comments on for contest posts. You may hide, filter, report, or block comments that are abusive, hateful, threatening, sexual, or share private information. Do not threaten, bully, or harass anyone, or post anything illegal; breaking this gets you disqualified and removed from the group. Posting in public means strangers will see your posts, and some

may be rude. We don't control what other people post or do, and you release us from claims about other people's comments or actions, as far as the law allows. If you ever feel unsafe, tell us and call the police.

17. Changes. We may change or cancel the contest only for safety, legal reasons, fraud, events outside our control, or if no picked or backup couple is ready by Fri, Jan 8, 2027 (Section 4). If we do, we will tell you in writing and post the change in the Skool group. We may start with unpaid posts only for the first 7 days and then add paid ads. Ads never change these rules, the prize, or the dates.

18. Release. To the fullest extent the law allows, you release the sponsor, Phase 3, and their owners, coaches, and staff from claims tied to the contest, the prize, the retreat, injuries at our office (such as slips, falls, or the scale), and travel to and from the office. This does not cover our gross negligence, fraud, willful injury, or breaking the law.

19. Privacy and health data. We use your contact information to run the contest and to tell you about Phase 3 programs. You can opt out of marketing at any time; every email has an unsubscribe link, and we text you only if you check a separate, unchecked, optional texting box on the form. It says: "Yes, Gaspar Consulting LLC dba Phase 3 may text me offers and updates at the number above, including by automated technology. Agreeing isn't a condition of any purchase. Msg frequency varies. Msg & data rates may apply. Reply STOP to cancel, HELP for help. Terms: phase3permanentweightloss.com/wlc1-rules. Privacy: phase3permanentweightloss.com/privacy-policy." Submitting the form alone is not a yes to texts, and agreeing is never required. We send texts only between 8 AM and 9 PM your local time. Your health information (the questionnaire, the clearance form, and any medical limits you share) is used only for safety and eligibility. It is never sold or used for marketing, and it is shared only with vendors who run the contest. We delete clearance forms and the health questionnaire by Jun 30, 2027, unless needed for a dispute. Privacy policy: phase3permanentweightloss.com/privacy-policy. **Apply form note:** right above the Apply button, with the privacy link also in the page footer, the form says: "We use your info to run WLC 1 and to email you about our future contests and programs. Unsubscribe anytime. We never sell your info. Texts only if you check the box below. Privacy Policy: phase3permanentweightloss.com/privacy-policy"

20. Law. California law applies. Any dispute goes to the state courts in Orange County, California, or to small claims court. There is no forced arbitration. Void where prohibited.

21. Where to find these rules. phase3permanentweightloss.com/wlc1-rules. Questions: emma.vargas@phase3permanentweightloss.com.

Key dates (Pacific Time)

Date	What happens
When the WLC 1 video posts	Promotion starts; applications open
Sat, Dec 26, 2026, 11:59 PM, or at 50 complete applications	Applications close Sat, Dec 26, 2026 at 11:59 PM PT, or as soon as we receive 50 complete applications (Section 4a), whichever comes first. No one is picked before this. No doctor's OK is needed to apply.
Mon, Dec 28, 2026, 12:00 PM	Richard names about 5 finalist couples
Thu, Dec 31, 2026, 5:00 PM	Each person in every finalist couple turns in the clearance form (doctor's OK), waiver, photo/video release, and recording consent
Fri, Jan 1, 2027, 9:00 AM	Richard reveals the picked couple (1 couple and 2 backups, picked from finalists with complete forms). Every counted applicant gets a plain results-only notice by email (no offer). First offer messages can go out. No offer goes out before this.
Each couple's $1,000 window	$1,000 per couple (2 lifetime memberships), open until 24 hours after the time stamp on that couple's first offer message
Before the Mon, Jan 4 start weigh-in	Picked couple gives its eating window in writing
Mon, Jan 4, 2027, 8:00 AM	Start weigh-in, in person at the office (recorded). Daily posts and the contest start. If needed, a backup starts by Fri, Jan 8 (Section 4).
Mon, Jan 4 – Mon, Feb 15, 2027	Daily posts, weekly group call, weekly couple call
Mon, Jan 11, 2027, 9:00 AM	Offer messages go to every eligible couple not picked who hasn't gotten one yet
Mon, Jan 11, 2027, 11:59 PM	Last time we send offer messages
Thu, Jan 14, 2027, 11:59 PM	$1,500 per couple price ends (for couples whose $1,000 window is over)
Fri, Jan 15, 2027, 12:00 AM	List price: $2,500 per person ($5,000 per couple)
Mon, Feb 15, 2027, 8:00 AM	Final weigh-in, in person at the office (recorded). Last daily posts. 40+ lbs combined (10+ each) wins $2,500 cash and the prizes; forms and W-9 signed on site.
March 2027 (dates told by Mon, Feb 15)	Mindset Retreat (Compass Boot Camp), at the office, for the winning couple (if they hit 40 lbs, 10+ each)
After the final weigh-in	If you won, cash paid by check or ACH within 14 days of signed forms and W-9
From Fri, Jan 1, 2027, 9:00 AM	Counted couples not picked, and waitlist couples, can get their Section 11 offer message

Signatures (both of you)

We have read and agree to these rules.

Person 1 Name: _____	Person 2 Name: _____
Person 1 Signature: _____	Person 2 Signature: _____
Person 1 Date: _____	Person 2 Date: _____