**Dream Team Information**

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| **Activity** | **Where it’s at** | **What you need/ need to do** | **When is it** |
| Weigh in / check in | Scale – located in the lobby | Your team name  Know your height  No socks or shoes | Sunday January 1st:  9:00-11:00 am  4:00-5:00 PM |
| Before photo | Up the wooden stairs, down the hall on the left | Short shorts  Sports bra for women  Plan on wearing same thing in after photo! | Monday and Tuesday January 2nd and 3rd.  5:30-7:00 am  4:00-6:00 PM |
| Team Photo | Same place as before pictures | If possible, come in with your team and have our photographer take your team picture | Sooner the better: email to BLN supplements with team name as the subject |
| Payment | Cash  Check (BLPF)  Credit/debit card  Paypal  \*link has been emailed out for credit/debit card | At least one month due by January 6th |  |
| Dream Team success Guide | Order by replying to email I sent | This must be pre ordered by emailing me |  |
| \*Seminar | In the gym | Way to take notes or record | Tuesday December 27th and Wednesday December 28th  5 PM |
| Cardio sign up | In the cardio room | Only sign up if you know you will consistently make it to that day/time. This is the sheet for the first ½ of dream team. | Any time |