



Suddenly Slim Challenge | FAQ

Frequently Asked Questions for Customers Starting the Suddenly Slim Challenge

What is the Suddenly Slim Challenge?

FirstFitness Nutrition empowers you to commit to making your health and wellness a priority for just 30 days by using a Suddenly Slim Weight Loss Program.

What can I win?

Customers who **Enter2Win** are eligible to win: \$250 cash, a Free Challenge Kit, SSC apparel, and Recognition in FFN Publications. [Click here for prize details.](#)

Plus, everyone who Enters2Win will receive a free T-shirt with their next purchase. [Click here](#) for full details!

Is the Suddenly Slim Challenge free to enter?

Yes, the Challenge is absolutely free.

However, you must have purchased a Suddenly Slim Weight Loss Program to qualify for prizes.

How do I begin the SSC?

You can participate in a Suddenly Slim Challenge in one of 2 ways:

Start a Challenge or **Start & Enter2Win.**

To Start a Challenge:

STEP 1: Order a Suddenly Slim 30-Day Weight Loss Program from a FirstFitness Nutrition Independent Distributor either in-person, online, or by calling FFN Customer Service at 800.621.4348.

STEP 2: Create an account and/or login to FirstFitness.com/Challenge. Submit the requested information, your before photo, and begin your Suddenly Slim Weight Loss Program.

STEP 3: After you complete your Suddenly Slim Weight Loss Program, log back into your account and click **Enter2Win** at the top of the page. Record your final measurements, upload your after photo, and tell us your story. After measurements and photos can be taken up to 3 days after the completion of your 30-Day Program as long as they are submitted by 11:59pm CST.

Start & Enter2Win:

If you completed a Suddenly Slim Weight Loss Program, you may **Start & Enter2Win** all at once, within 3 days of completing your Weight Loss Program. You must still **submit starting photos, measurements, and your story. Unfortunately, if you did not record your starting measurements or take before photos** during your **most recent** 30-Day Weight Loss Program, you are not eligible to participate.

Do I have to have Auto-Ship set up to be entered in the SSC?

No—Auto-Ship is not a requirement for the SSC, although it is recommended. The Suddenly Slim Challenge is open to any Customer who ordered a Suddenly Slim Weight Loss Program in person, by phone, or online within the past 30 days.

How do I win prizes in the SSC?

Each month, FFN will select a 1st, 2nd, and 3rd place winner, who completed a Challenge in the previous month. [Click here for prize details.](#)

A panel of judges from FirstFitness Nutrition will select a 1st, 2nd, and 3rd place winner who have achieved the best overall transformations. Winners are selected based on visual physical improvement through the submitted “before” and “after” photos with consideration for inches lost. Your story is very important to your journey and is also weighed in the decision so be detailed and take time to tell us about your 30-Day transformation!

I finished my Suddenly Slim Challenge on May 17, when can I call customer service to redeem my free T-shirt?

Call customer service to redeem your free T-shirt with your next product order the following month. In this example, you must call between June 1 and June 30. If you do not place an order the month following your challenge your free T-shirt will be forfeited.

If I have already completed a Suddenly Slim Challenge, will I get another T-shirt by entering to win another challenge?

No, Suddenly Slim Challenge T-shirts are limit one (1) per person.

How will I know if I won?

In addition to being announced live on the 3rd webinar of the following month (at 8pm CST), Suddenly Slim Challenge winners will also be notified via email and/or telephone.

What do I eat on The Challenge?

Refer to the Menu Guide that was included in your Suddenly Slim Weight Loss Program. If it's not on the Menu Guide, don't eat it!

Will my photos be private?

No, all your photos will be public. By entering to win you submit approval for your photos to be used by FirstFitness Nutrition as product testimonials.

How do I complete and submit my “before” and “after” photos?

Upload a front-view, side-view, and back-view picture to your Get Suddenly Slim account. Click [here](#) to login or register. Wear clothing that shows the silhouette of your physique so we can see the amazing changes you will see! A bathing suit or fitness wear is not required, but is recommended.