

Diana's Gourmet Pizzeria's



30 Day Pizza Diet Challenge

Rules of Engagement

- Two people will be chosen to participate in this challenge.
- All participants must be able to pick up their pizzas everyday.
- Participants will receive two 10" pizzas per day
- Participants are allowed to choose either whole-wheat original or whole-wheat thin crust.
- Participants are allowed low fat mozzarella or a cheese blend as their cheese choice. No extra or double cheese options allowed.
- Each pizza can have a maximum of one lean meat choice (Capicola, Lean ground beef, grilled chicken breast) and as many veggies as they desire. (Veggies Are Encouraged)
- Participants are encouraged to change the sauce, cheese option and toppings so that they don't become tired of 'same old, same old' tastes.
- No soft drinks are to be consumed during this challenge. Water is suggested, diet soft drinks, coffee or tea allowed. No Lattes, specialty coffees, Slurpees or other high sugar/calorie beverages.
- No alcoholic beverages should be consumed during the 30 Day Pizza Diet Challenge.
- 30 minutes of exercise per day is encouraged (walking, jogging, yoga, pilates, push-ups, dance your ass off, air band, etc...)
- Participants must fill out a daily activities and food & beverage log every day
- Participants must get measured a minimum of twice a week when they are picking up their pizzas.
- Before and after pictures and a progress report will be posted on Diana's Gourmet Pizzeria's Facebook page and may be used in their advertising.
- Participants must make themselves available for media interviews.
- Participants will supply a doctor's note stating they are able to participate in this challenge.

Have you got what it takes? Ready to apply? Click on the link below:

<http://survey.constantcontact.com/survey/a07e2yuvvn0gbjnufmq/start>