



REGISTER FORM

Before enrolling, you must have **read** and **agreed** with the Fitness Girl Project (it can be read at www.fitnessgirl.com.br).

Profile of Contest participants: female, at least **18 years old** and **non-sedentary**.

Fitness Girl **is not** a beauty or bodybuilding contest. The objective of the contest is to mobilize more women around the world in the fight against a sedentary lifestyle, encouraging more people to train, re-educate their diet and have a better quality of life.

Privacy Terms: We do not sell or provide candidate data to third parties. We do not send SPAM.

Registration Fee: During the pre-candidate registration period, registration fees are suspended. Free registration.

Moral values: in favor of life, against the crime of abortion and against communism/socialism.

I have read the project, I agree with the moral values and I want to participate. I am aware that I may be asked to prove my identity (aims to avoid the registration of false profiles and registrations made by fans).

Personal Data

Name

Country (of birth)

State

City

Phone number (country code + DDD)

Mobile phone (country code + DDD)

Have *WhatsApp* installed?

Yes

E-mail

Facebook profile

Instagram profile

Page of other Social Networks (will be disclosed in the description of your photo)

Sponsorship (if you have any support. It will be disclosed in the description of your photo to strengthen the partnership)

Photo credit (photographer or agency name will be disclosed in the photo description)

How did you hear about Fitness Girl? If referred by someone else, please enter their name.

Message (will be inserted in the post as a way to motivate other people to leave their sedentary lifestyle)

Disclosure

Disclosure of subscribers can occur on the following channels: Website, Facebook, Instagram, Twitter, YouTube and Telegram.

Some outreach opportunities are exclusive to Engaged Participants. Unfortunately, many sign up to be publicized, but never help publicize the project. We are fair and we know how to recognize fair people! Those who indicate and disclose, receive the other opportunities!

We also have a partnership with countless other pages, in different social networks, themes and languages, which will be able to publicize our posts and subscribers!

Next Steps

1. Follow and subscribe to our social networks: Facebook (fb.com/FitnessGirlbr, fb.com/GarotaFitness and facebook.com/groups/FitnessGirlBR), Instagram (@FitnessGirlbr and @FitnessGirltv), Twitter (@FitnessGirlbr), Telegram (t.me/FitnessGirlbr) and YouTube (youtube.com/@fitnessgirlbr and youtube.com/@FitnessGirlTV).

2. Save this form and rename the file with your first and last name (from [Inscricao_FitnessGirl_nome.pdf](#) to [Inscricao_FitnessGirl_NomeSurname.pdf](#)). Send a message with the file attached through your official profile to our Facebook page (facebook.com/FitnessGirlbr) and to the email pre-candidate@fitnessgirl.com.br (with a copy to "fitnessgirlbr@gmail.com"). In the Subject field of the e-mail, insert the sentence in the format: "Name of Pre-Candidate - Country" (eg Ana Lima - U.S.A.).

3. You will receive an email with instructions to upload your photos and add our profiles. The e-mail may be directed by your provider to your SPAM box (electronic junk). If you do not receive this message within 24 hours, please contact us and let us know so we can resend it.

4. Indicate at least 5 more friends or followers with the profile to participate. Message them and comment on Fitness Girl. Each new subscriber indicated by you, you get one more post. This is a way for us to reach more people without ad spend.