

B

W

T

S



FITNESS BEST
ASIA AWARDS 2021

Fitness Best Asia Awards 2021 Entry Submission Form

Please note we only accept one award per submission.

Category:	Individuals
Award:	BodyFit Transformation Award
Type of Award:	Individual

Name:	
Country:	
Email:	



FITNESS BEST
ASIA AWARDS 2021

Training

Describe how you adopt a holistic approach to training and your training methodology and inspirations.

Nutrition

Please describe your diet plan.

Resources

What sort of fitness tools do you use and do you have a regular trainer.

Results

Please provide some details of your physical transformation and if you have been able to reach your fitness goals.



FITNESS BEST
ASIA AWARDS 2021

The information provided will not be used for publication, and will not be disseminated beyond the judging panel in any way.

Please convert to PDF before attaching this form on the submission page.

Images & Supporting Documents

If you have images and other supporting documents, you may upload them (in hi-res) separately on the online submission page. Should your entry be short-listed, these images and supporting documents that are non-confidential will be used for publication.

For any other enquiries:

Please contact: marketing@fitnessbest.com