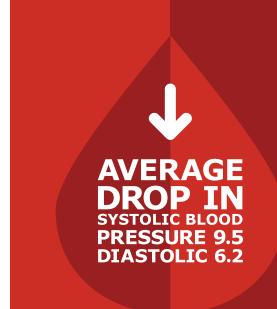


## TRANSFORM YOUR HABITS YOUR HEALTH YOUR LIFE



WEEK 30

45

MEEK 30

MEEK 30



**AVERAGE STARTING BMI** 

39.7

**AVERAGE BMI WEEK 30** 

**32.5** 

AVERAGE WEIGHT KEPT OFF AFTER 82 WEEKS

39g



