

30-DAY RESULTS FORM

Email to challenge@neolifeclub.com when you reach your goal

My NeoLife Info:

ID: _____ - _____ Name: _____ T-Shirt Size (Unisex): _____

Which Health Pack Are You Using?



Vitality Pack



Breakfast Pack



Weight Loss Pack



Sport Pack

Which Category Are You Completing?



Weight Loss

Current Weight: _____



Fitness

My Success Story:

I reached my goal of...

The benefits I'm experiencing are...

My 90-Day goal is... *(optional)*

My Measurements: *(optional)*

Bicep: _____ Chest: _____ Hips: _____ Cholesterol: _____

Waist: _____ Thigh: _____ B.M.I.: _____ Blood Pressure: _____

Shirt Size: _____ Pant Size: _____

SUBMIT YOUR AFTER PHOTOS

Email to challenge@neolifeclub.com with **Results Form**

Taking Your Challenge Photos:

Here are some friendly pointers on how to take photos to show off your awesome results.

- › Stand in front of a simple background so that you're the focus.
- › Pick a location where you can take all of your progress photos so the only thing changing is you.
- › A plain wall or door works the best.
- › Use a good camera, in an area with good lighting and have a buddy or tripod to assist you.
- › Smile, be proud of your results!

What to Wear:

Wear tight fitting clothing in your photos and show as much of your body as you're comfortable with. Don't be shy, this is the best way to see your transformation, these before and after photos will be a great tool to inspire others to join you in the Challenge.

Photo Results Requirements:

You'll be taking **2 photos** of yourself in different poses: You never know where you'll see the most change so it's important to get every angle to see your complete transformation!



Arms Down



Bicep Curls