

# **FEBRUARY CHALLENGE 2019**



**I've gained so much confidence in myself and can honestly say I like the person I see in the mirror! I put my everything into this challenge with my new mindset and am 100% happy with my results! All I wanted to do was better the person I see in the mirror and I've done that so I am happy!!!**



**Not only was this my first 12 week challenge it was also my first time in a gym – EVER! Joining and being a part of this challenge with my wife Rachel was a great support. We are a great team and really worked hard pushing each other towards our goals.**



**THIRD PLACE**

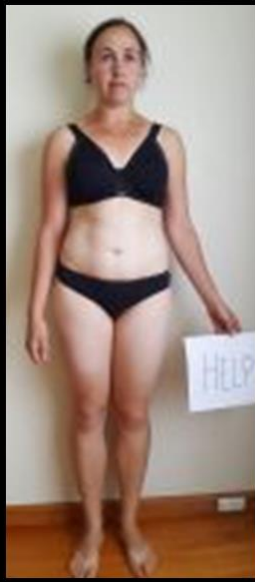
I have gained so much more than I anticipated. It has showed me how to priorities, commit and be organised in the meals area. I have gained a family that want to eat healthier on their own accord. A family that when we are out late at night with sport commitments the first option is not take away.



**TOP TEN**



**TOP TEN**



**TOP TEN**



**TOP TEN**



**TOP TEN**

