

FEB TO MAY CHALLENGE 2025



The challenge really help me to focus on weight training again with a good plan came good results, I stuck to the training plan of the challenge as my aim was to change my body composition not about how much weight I could loose however 8.2 kg was a huge achievement since only having my 3rd baby 9 months ago. Sticking to the plan gave me clear direction each day of what to train, I love cooking so the nutrition part was more about ensuring I stuck again to my macros to get the most out of the challenge which came easy with the guides given. I can't wait to see what another 12 weeks can do to continue to change my body composition.



Another chance to stay on track and focus on my health and well being.



I feel so happy with myself and how far I have come, the internal and external change that has happened has made me feel so happy with myself and I finally love cardio!



Super happy, dropped over 15 percent body weight a total of 19.2kgs while still adding muscle. Much fitter and healthier.

Won 2 silver medals in my jiu jitsu competition. Have a healthier, balanced diet and lifestyle.



The challenge has reignited my drive and focus after losing some motivation at the beginning of the year post surgery. I've thoroughly enjoyed the whole process and have learnt a little more about what my body can do but also learning more about the nutritional side. Eating more isn't bad as long as it's clean. Moving forward I'm looking to build more lean muscle!!





I mainly learnt a lot about my nutrition for example how to take better care of my body whilst still having the physique I desire, so now I can continue to eat and stay healthy and nourished whilst still feeling confident in my body.



**What I Got from the Challenge is a complete life change;
Mental, physical, and emotional health Strength and nutrition
training and it gave me a complete Life transformation**