

# Weight Loss Challenge

*I complete the Challenge!*

Name: \_\_\_\_\_

12 Week Weight Loss: \_\_\_\_\_

BMI Reduced by: \_\_\_\_\_

Body Fat Reduced by: \_\_\_\_\_

Lost \_\_\_\_\_ cm

Which was \_\_\_\_\_ % of my Body Weight

Our group loss \_\_\_\_\_ in 12 weeks

***Congratulations!!***



by: [Paddleatthepoint.com](http://Paddleatthepoint.com)

# Weight Loss Challenge Winner Certificates

**AN Whitehead**



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