

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

Weight Loss Challenge Winner Certificates

L Cohen



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