



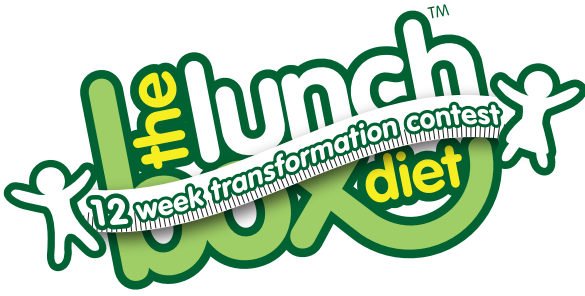
WELCOME

to The Lunch Box Diet Transformation Contest.

I've put together this motivation and progress wall chart for you to print off so you can keep track. Simply fill it in at the start, and at the end. then email in your results, I can't wait to see them! Good luck, and don't forget to spread the word on your progress!

Simon x

Simon



Start Date:

Start Weight:

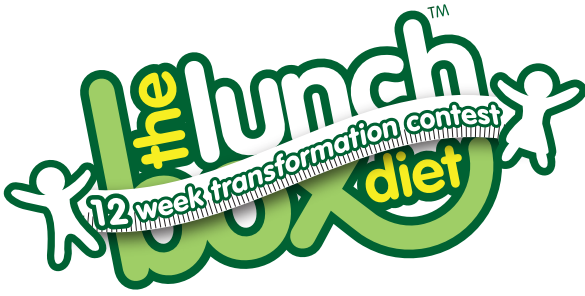
Start Waist Measurement:
(around belly button)

Photos Taken:

	Healthy Breakfast	Lunch Box	Healthy Dinner	Exercise
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				
Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				
Day 29				
Day 30				

	Healthy Breakfast	Lunch Box	Healthy Dinner	Exercise
Day 31				
Day 32				
Day 33				
Day 34				
Day 35				
Day 36				
Day 37				
Day 38				
Day 39				
Day 40				
Day 41				
Day 42				
Day 43				
Day 44				
Day 45				
Day 46				
Day 47				
Day 48				
Day 49				
Day 50				
Day 51				
Day 52				
Day 53				
Day 54				
Day 55				
Day 56				
Day 57				
Day 58				
Day 59				
Day 60				

	Healthy Breakfast	Lunch Box	Healthy Dinner	Exercise
Day 61				
Day 62				
Day 63				
Day 64				
Day 65				
Day 66				
Day 67				
Day 68				
Day 69				
Day 70				
Day 71				
Day 72				
Day 73				
Day 74				
Day 75				
Day 76				
Day 77				
Day 78				
Day 79				
Day 80				
Day 81				
Day 82				
Day 83				
Day 84				
Day 85				
Day 86				
Day 87				
Day 88				
Day 89				
Day 90				



End Date:

End Weight:

End Waist Measurement:
(around belly button)

Photos Taken:

Well Done, you've now completed the 90 day transformation diet challenge. Now it's time to send your photos, 500-1000 word essay on your progress and results to transformation@lunchboxdiet.co.uk.

Please include:

- At least 2 x photos with you holding your newspaper
- Start/end waist measurement
- Any other measurements you have taken
- 500-1000 word essay on your progress