

General Transformation List

This guide is meant to relate to the prospect specifically by sending them the closest transformation to where my client was in the before picture compared to where the prospect is at now and showing them what's possible in the after picture when coaching with me!

Important note:

MAKE SURE THE TRANSFORMATION IS AS CLOSE AS POSSIBLE TO THEIR GOALS!



DAY 1



DAY 15



DAY 30



**10 WEEKS
20LBS LOST IN FAT
6LBS GAINED IN MUSCLE**



DAY 1

WEEK 5





**12 WEEKS
LOST ALL STUBBORN FAT
GAINED 12+ LBS IN MUSCLE**



**3 MONTHS
LOST 18 LBS OF FAT
GAINED 14 LBS OF MUSCLE**



22 Jun 2025

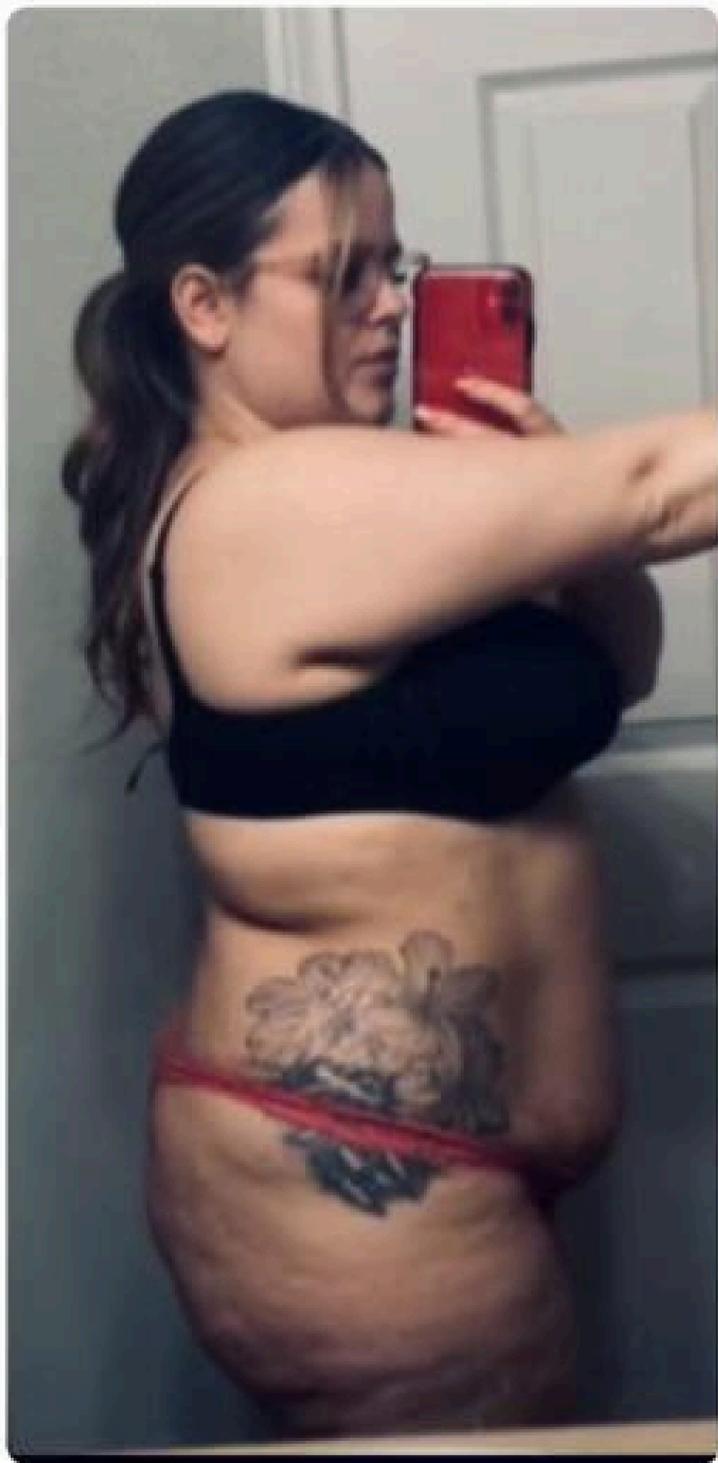


12 Aug 2025





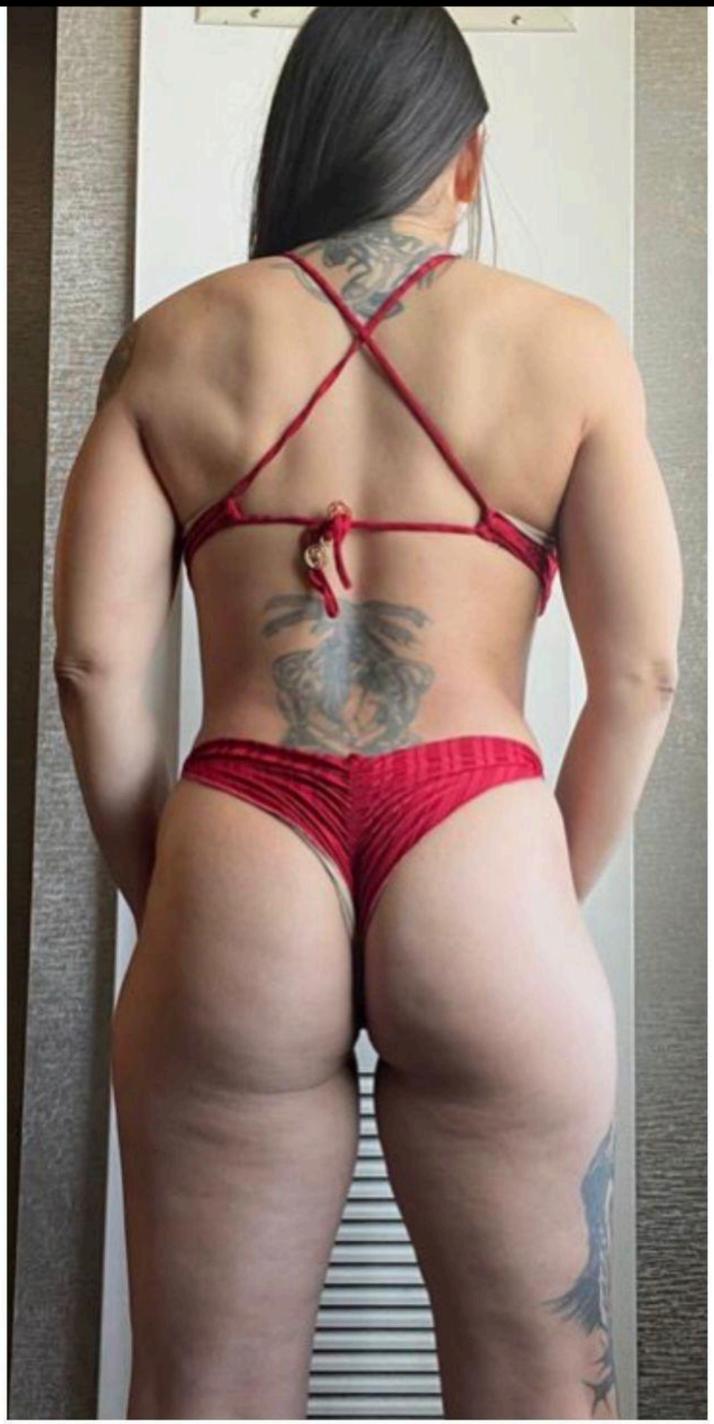
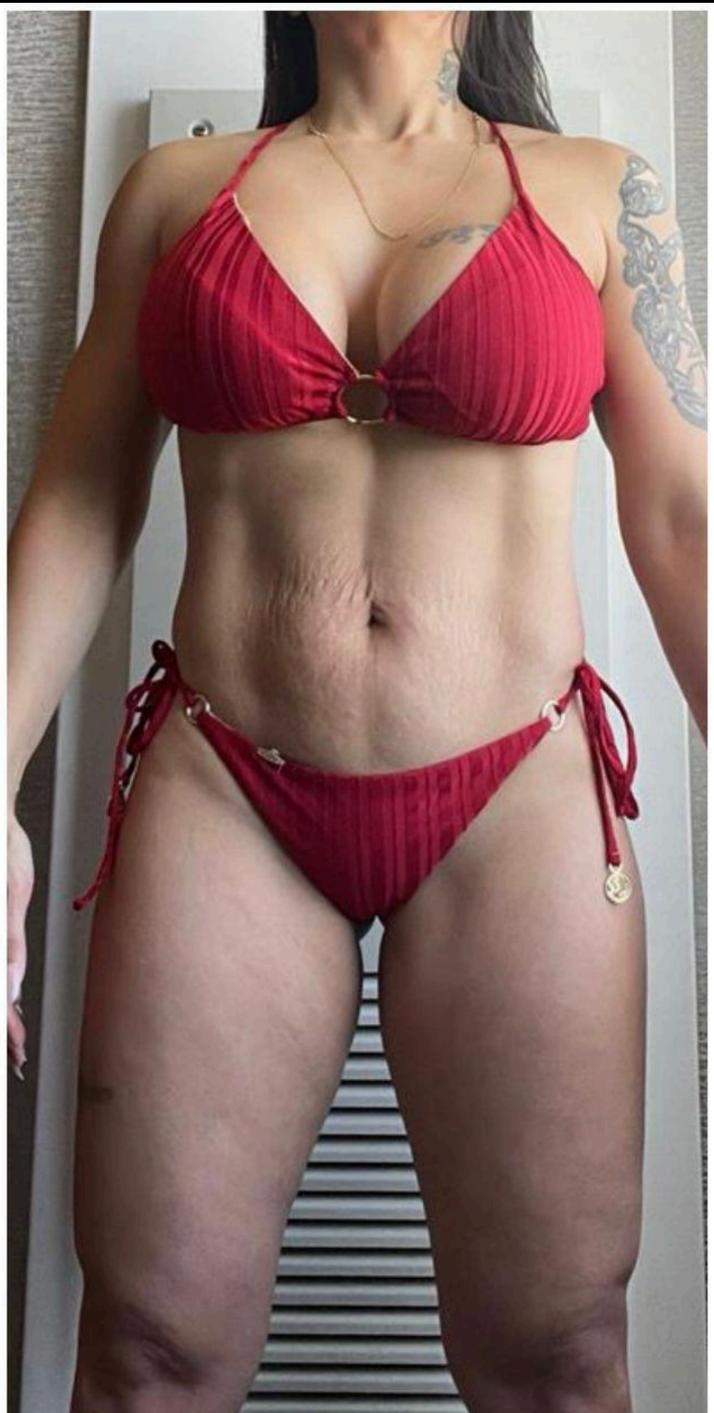
**6 MONTHS
84 LBS LOST**

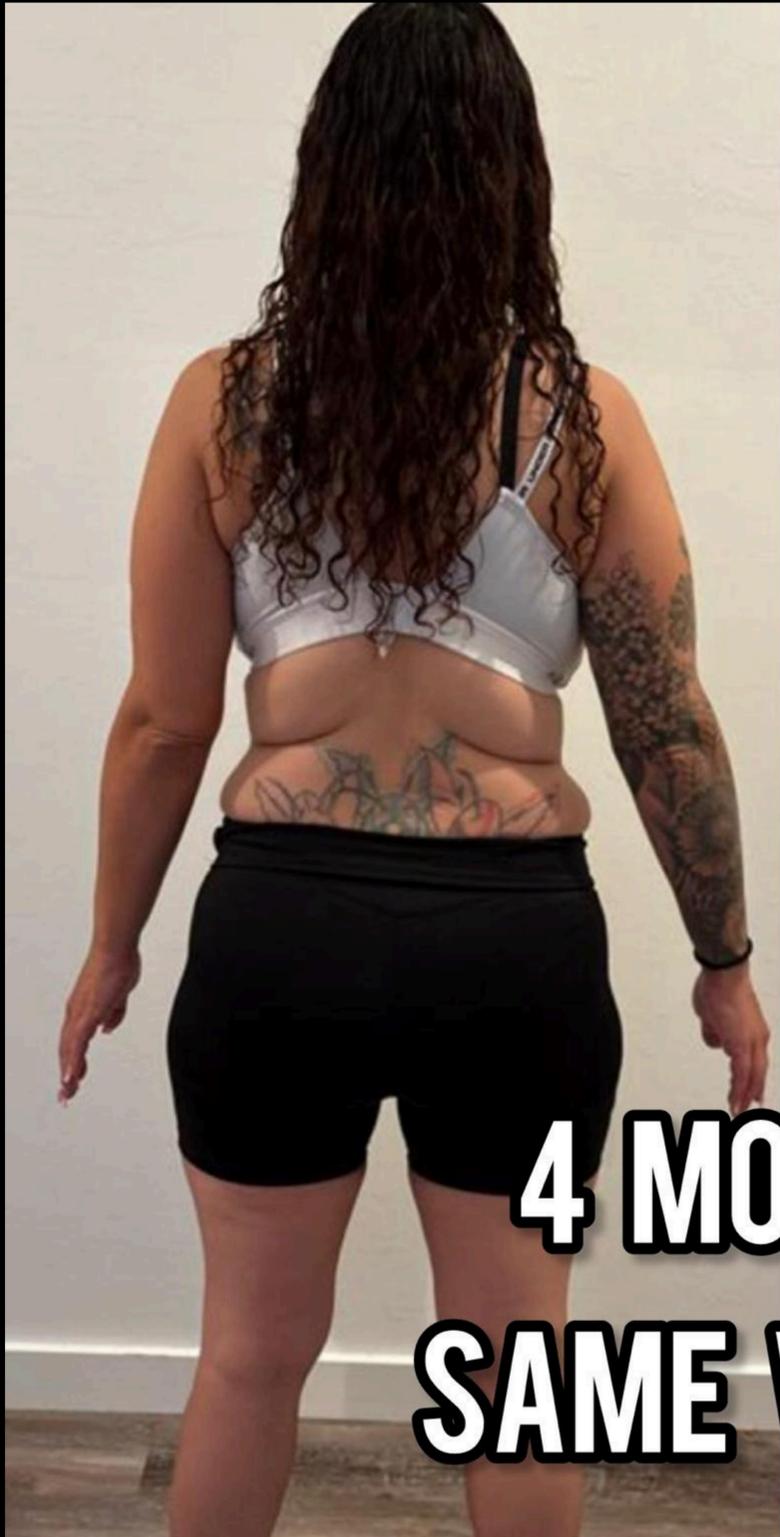












**4 MONTHS
SAME WEIGHT**

**2 MONTHS
22 LBS LOST**

