## ANNA WETTACH (DISTRIBUTOR)

Transformation Number $=1$

I was encouraged to focus on 1 day at a time, 1 meal/workout at a time, 1 lb at a time, \& that is why I relate to transformation \#1. TR90 has been a supplement to aid me through the hurdles of changing bad habits and life style choices. Every 1 thing that I do to make steps towards my goals \& every 1 bad habit I change, adds up to a healthier, happier me..less 35 lbs!

Weight Lost $=35$

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TR90"

