## ANNA WETTACH (DISTRIBUTOR)

## Transformation Number = 1

I was encouraged to focus on 1 day at a time, 1 meal/workout at a time, 1lb 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







