

# JASON LUDWIN (DISTRIBUTOR)

**Transformation Number = 100**

My goal was to become healthy and to get down to a weight that would allow me to fit into my clothes again and to feel good when looking in the mirror. The number I would use to describe my successes would be **100**. The reason is that I feel 100% better than I did at the beginning of all of this. The way I did it aside from the eating and the supplements was to set a goal and work towards it. My goal was a triathlon. I accomplished that goal and since then I've finished another and have one more I'm registered for. I've never felt better!!!

**Inches Lost = 15.75 Weight Lost = 30.1  
BMI Day 1 = 33.97 BMI Day 90 = 29.11**

