

# JOHN P. TANZER (DISTRIBUTOR)

## Transformation Number = 1

I had some pretty great results and was very happy with my first attempt. I picked the transformation number 1. To try and do at least 1 thing better everyday in all aspects of my life. I ate more of the foods on the best side of the list. I did the shakes daily and was able to really stay with that part. My goal for round two of TR90 is to be even more disciplined.

Inches Lost = 9.25 Weight Lost = 20

