

# KIRK PHILLIPS (DISTRIBUTOR)

**Transformation Number = 180**

I put a lot of thought into the significance of my TR90 number which finally came to me as 180. This is the number of miles I walked & ran in 90 days. It is also a metaphor for the 180 degree turn around in my life. I feel physically fit and mentally awake with enough energy to go at it from 5am to 10pm while still having enough focus on my family especially my 2 young sons.

**Inches Lost = 13.75 Weight Lost = 21.2  
Body Fat Lost = 9.1%**

