**Transformation Entry**

**Congratulations on completing your Transformation. Note To win and be eligible for prizes you must have the current month’s transformation printout clearly visible in each shot.**

**Complete this form and upload along with your labelled before & after shots at transformationcookbook.com**

**Front [name]**

**Side [name]**

**Back [name]**

***Tell us in 250 words or less why have you entered the Transformation cookbook Challenge?***

***In 250 words or less, your S.M.A.R.T GOAL is.......***

**Take us through your journey!**

*Take a few minutes to evaluate your progress. Give us some insights It’s a very simple but powerful way to create sustained motivation that breed’s success.*

***Week \_\_ I did... & I feel...***

***Week \_\_\_ I did & I feel...***

***Week \_\_\_ I did... & I feel...***

***Week \_\_\_ I did... & I feel...***

***Week \_\_\_ I did... & I feel...***

***Week \_\_\_I did... & I feel...***

***Personal Reflection: In 250 words what have I learned, what have I gained from finishing the Challenge?***