



Spring 2019 Transformation Challenge

I AM IN

I Can, I Will, Watch Me!

WIN £1000 CASH PRIZE!

HOW TO ENTER:

Take a clear full length "before photo" holding this side of the poster. You can share your photo on social media for a chance to win a weekly spot prize or if you prefer not to show it until you complete your transformation, that is ok!

Take your "after photo" and submit by 31st May 2019 using the other side of this poster.

Submit your before and after photos to support@thenewyouplan.com for your chance to WIN £1000 CASH.
Runners up will win £100 credit on our website.

Terms and Conditions Apply see our website for details





I DID IT!
A NEW ME
2019



The
New You[®]
Plan