

NewYouPlan 

Transformation Story Challenge

2025 My Year to THRIVE!

**I AM
IN**

I Can, I Will, Watch Me!

2025 Join the Exciting Transformation Story Challenge!

Are you ready to kickstart your weight loss journey and make 2025 your year to THRIVE?!

We are thrilled to invite you to participate in our incredible Transformation Story Challenge! This is the perfect opportunity for you to take charge of your weight loss journey and potentially win CASH PRIZES!

Throughout the year, we're giving away cash prizes every two months to customers who showcase the most amazing transformation stories. All you need to do is follow our healthy, nutritionally complete weight loss plan until you reach your ideal weight or dress size. Then, simply submit your "I AM IN" photo as well as your "IN PROGRESS/I DID IT" photo to show off your fantastic progress.

Take your photo with this "I AM IN" poster TODAY!

We know taking that first initial photo can be daunting but trust us, you'll be so glad you did! So many of our customers tell us they wish they had taken more photos! Even if you don't decide to enter, taking this photo is your first step towards transformation and can be a powerful source of inspiration on your journey for you to look back on and see how far you've come.

Don't wait for the perfect moment - there's no better time to capture your starting point than right now. And remember, you don't have to share it right away; just keep it for when you're ready to submit!

To help you take an amazing "I AM IN" photo, here's what you need to do:

- 1 WEAR FITTED CLOTHING:** Ditch the baggy outfits! Choose leggings or shorts and a fitted top so we can see your transformation clearly, no underwear. Plus, wearing a similar outfit for your after photo makes for a great comparison!
- 2 TAKE FULL-LENGTH SHOTS:** We want to see your whole transformation! Take a front-facing and a side-facing full-length shot holding this poster. We recommend holding this poster by your side so it doesn't obstruct your face. You may wish to get a friend, family member or tripod to help you take these.
- 3 CLEAR BACKGROUND:** Choose a location with a simple, uncluttered background. This keeps the focus on YOU and your amazing progress! A white wall would work best :)
- 4 LIGHT IT UP:** Natural light works wonders! Find a well-lit spot to enhance the clarity of your photos.
- 5 SNAP MULTIPLE PHOTOS & VIDEOS:** Don't be shy! Take many photos and videos of your journey to truly capture all the amazing progress you've made!
- 6 SUBMIT ON TIME:** Send your photos to:
support@thenewyouplan.com
before the deadlines for each challenge.

We can't wait to hear your transformation story and see your journey captured in photos and videos and celebrate your achievements with us!

Good Luck!

**My New You
Transformation is**

IN PROGRESS



New You Plan 

2025 is my year to THRIVE!

New You Plan 

I DID IT!

A New
Me!

I Thrived in 2025!