

Lose 10lbs in 2 Months

Guarantee Requirements

- Sign Up for 1:1 Coaching
- Meet Weekly w/Denise for 1:1 Coaching
- Complete weekly and daily items on the WLHS Challenge Tracker & Send to Denise to Weekly
- Meet the physical requirement (below)

Age	Bodyfat percentage (*can be assessed by many bathroom scales)
20-29 yrs.	> 24%
30 - 39 yr.	>25%
40-49 yr.	>28%
50-59 yrs	>30%
60-69 yrs.	> 31.5%
70+ years	> 30%

