

Body Transformation Contest

Stephen Cabral's Body Transformation Contest

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Body Transformation Contest

A personal note from the desk of Stephen Cabral...

I want to first congratulate you for stepping up, raising your hand, and committing yourself to creating the body of your dreams. I also want to say thank you for taking the first step to developing a healthier you and in turn becoming a role model for the family, friends, and coworkers around you who will soon look up to you.

Your determination and motivation to see this next 12 weeks through will truly be an inspiration in boosting your own self-confidence as well as reshaping your body and lifestyle into something you can be happy with and proud of.

I also want you to know that I will do my very best to see you succeed.

I'm sure you already have a copy of my weight loss manual, Lose5in7 (a.k.a. Fatlossity), or you may even be part of our online training community, Trim, Tone & Tighten. Make sure you use these 2 extremely valuable resources to achieve your body transformation results in record time. Lose5in7 and my monthly online personal training coaching program are literally the fastest ways to get in shape and improve your health at the same time.

You see, I'm not a fan of helping people like yourself lose weight only to have them gain it back. Nor do I want to make you unhealthy as a side effect of losing all that weight. Instead, I look at the whole person and that's why I've given you a program to transform your body, improve your health, increase your energy, and change the way you think about living a healthy lifestyle.

You really can have it all and over the next 12 weeks you're going to see a tremendous difference in how your body looks and feels.

Now it's time to get started and I truly can't wait to see your before and after photos and measurements!

I wish you the very best in health & fitness and I'm happy to be a part of your journey.

Committed to your success,



Stephen Cabral, CSCS, CPT, NS
Author of Lose5in7-Fatlossity & Founder of Trim, Tone & Tighten
Health consultant for MTV, NutritionData, Diet.com, Gather, EDGE

<http://www.Lose5in7.com>

<http://www.TrimToneTighten.com>

www.StephenCabral.com

Body Transformation Contest

Contest Details:

Please use the sheets on the following pages to enter the Stephen Cabral Body Transformation Contest.

Step 1

Take before photos or a video and make sure to include your front, side and back photos.

Step 2

Take all the circumference measurements asked for on the following page. If you do not have a floppy tape measure, you can just use a piece of string and then measure it against a ruler, yard stick. or straight tape measure.

Step 3

Enter as much data on your body fat % and BMI as you know. I will put up conversion calculators on www.StephenCabral.com for you to use.

Step 4

Write the start date down and begin your 12 week body transformation!

Step 5

After 12 weeks retake all of your measurements, photos, video, etc.

Step 6

Write your essay on your Body Transformation experience and why you think you should be Stephen Cabral's Body Transformation Winner!

Step 7

Fax or email all your before and after statistics and images to Stephen Cabral's office.

Fax: 1-888-FIT-8890

Email: transform@stephencabral.com

Step 8

Keep checking your email and wait for the top 3 winners to be announced!

Please note: You may enter the contest at any time. Do not wait for the next contest to begin to start your own body transformation! I will look at submissions from anyone who has completed at least 6 weeks of the contest. Of course I would like everyone to start right on time, but if circumstances prevent you from beginning right at the start of the contest you are still eligible to enter and be selected as one of our winners as long as you work hard and show your results over the 6-12 week time frame.

Now it's time to get started!

Starting Body Composition Sample

Place your "BEFORE" photo(s) here

*It's best to take a front, back, and
side view photo and/or video*

Name: Rachel Morris (example)
Date: 8/19/07
Height: 5' 3"
Weight: 174
BMI: 32
Waist-to-Hip: .86
Body Fat %: 39%
7-Point Measurement Total: 177.8

Measurements:
Neck: 12.2"
Upper arm: 13.4"
Chest: 38"
Waist: 36.4"
Hips: 42.7"
Thigh: 22.1"
Calf: 13"

Starting Body Composition

Place your "BEFORE" photo(s) here

*It's best to take a front, back, and
side view photo and/or video*

Name: _____
Date: _____
Height: _____
Weight: _____
BMI: _____
Waist-to-Hip: _____
Body Fat %: _____
7-Point Measurement Total: _____

Measurements:
Neck: _____
Upper arm: _____
Chest: _____
Waist: _____
Hips: _____
Thigh: _____
Calf: _____

Ending Body Composition

Place your "AFTER" photo(s) here

*It's best to take a front, back, and
side view photo and/or video*

Name: _____
Date: _____
Height: _____
Weight: _____
BMI: _____
Waist-to-Hip: _____
Body Fat %: _____
7-Point Measurement Total: _____

Measurements:
Neck: _____
Upper arm: _____
Chest: _____
Waist: _____
Hips: _____
Thigh: _____
Calf: _____

Body Transformation Contest

Contest Tools & Valuable Resources:

Please use the StephenCabral.com approved tools & resources to help you during your 12 week body transformation contest.

Nutrition

Although we know it is always better to choose whole foods and mainly organic products to eat, sometimes our busy schedules and hectic lives can get in the way. During those times I choose to make the best alternative choice and go for the approved nutritional supplements to keep me focused and bringing me closer to my goals. I know without having them on hand I could possibly be forced to cheat and throw off my chances of success.

Check out these great products at www.StephenCabral.com under “nutrition”:

Whey Protein Isolate
Omega-3 Fish Oil
Whey Protein bars (low sugar)

Exercise Equipment

Sometimes access to a gym is neither convenient, nor practical. In those cases I opt for a home or hotel room workout. When I’m home, I just use a set of adjustable dumbbells, resistance bands, an exercise mat, and a pull up bar. That’s it. And when I’m on the road and traveling, I choose to do interval sprints and body weight workouts.

You can find these recommended products at www.StephenCabral.com under “equipment”:

Adjustable Dumbbell Set
Exercise Mat
Pull-up Bar (if you are able to do pull-ups or chin-ups)
Medicine Ball
Stability Ball
Resistance Bands

Educational Resources

I highly recommend reading your weekly Trim, Tone & Tighten newsletter emails that I send out each Thursday, as well as weekly or daily reviews of Lose5in7 (a.k.a Fatlossity) or your Trim, Tone & Tighten monthly online personal training coaching subscription. I may be biased... but it’s for good reason. For the past 14 years I’ve spent over 1 hour a day researching and reviewing the very best and healthiest ways to to get in shape and create the body you’ve been wishing for. I’ve also proven my methods through various contestant challenges in magazines and on TV. More importantly, I’ve completed more than 11,397 one-on-one session with real people just like you who were able to turn their luck around and start living the Fit Life! (details at www.Lose5in7.com & www.TrimToneTighten.com)

I wish you good luck and the time to begin is now!