



FOX WINNER !

Craig Williams



Congrats to Craig for an absolutely amazing **Transformation !**

How did Craig do it?

- He set 3 Mini Goals each week that helped him move towards his 3 Ultimate goals.
- His spreadsheet was full of 'thumbs ups' as he checked off these goals.

In 12 weeks he achieved more things than I can list, but his ultimate goals were:

- To lose over 12 kg (Fat **NOT** Muscle),
 - Run a 5 km race,
 - Complete a Fox Biathlon, and
 - Set-up a trust fund (which he added to weekly)
- **All Achieved !**

In the end Craig lost 12.1 kg, 8% body fat and a total of 56.5 cm.

More importantly his Fat Mass dropped 12 kg and he maintained ALL of his lean/muscle mass (using the Navy Body Fat method). That takes a lot of work to keep your valuable muscle!

Congrats Craig !

- An amazing **Transformation !**
- I've been so lucky to work with you.

Next 12-week challenge- Tough Mudder- welcome to the team Fox 001

Ali Fox.



5th June 2013