



Foxy 001

Jus Bartlett

Announcing our **Foxy Winner !**

Congrats to Jus for her absolutely incredible **Transformation**.

Jus started this challenge 10-weeks before she moved to the UK, in parallel with all of the stresses of moving, finishing work, and numerous going away parties . . .

Jus is a true inspiration as to what you can achieve when you have the 4 key success factors:

- Social support.
- Accountability.
- Incentive, and . . .
- A Deadline.

Jus consistently achieved her 3 mini Weekly Goals, which set her on an unstoppable journey to achieving all 3 of her Ultimate Goals.

- Over the 12 weeks, Jus increased her fitness-testing-scores by over 80% !
- She made it to every session (driving from the city) and kept up with the boys on our Tuesday night sessions. Jus and Garth were also crowned the **Foxathon Champions** at week 6!
- Her commitment, dedication and determination paid off . . . dropping a massive 17.7 kg (39 lb), 12% body fat, and 70.1 cm !

Congrats Jus!

We love getting your updates and photos of your continued success !

A well-deserved title: **Foxy 001**

Ali Fox.



5th August 2013