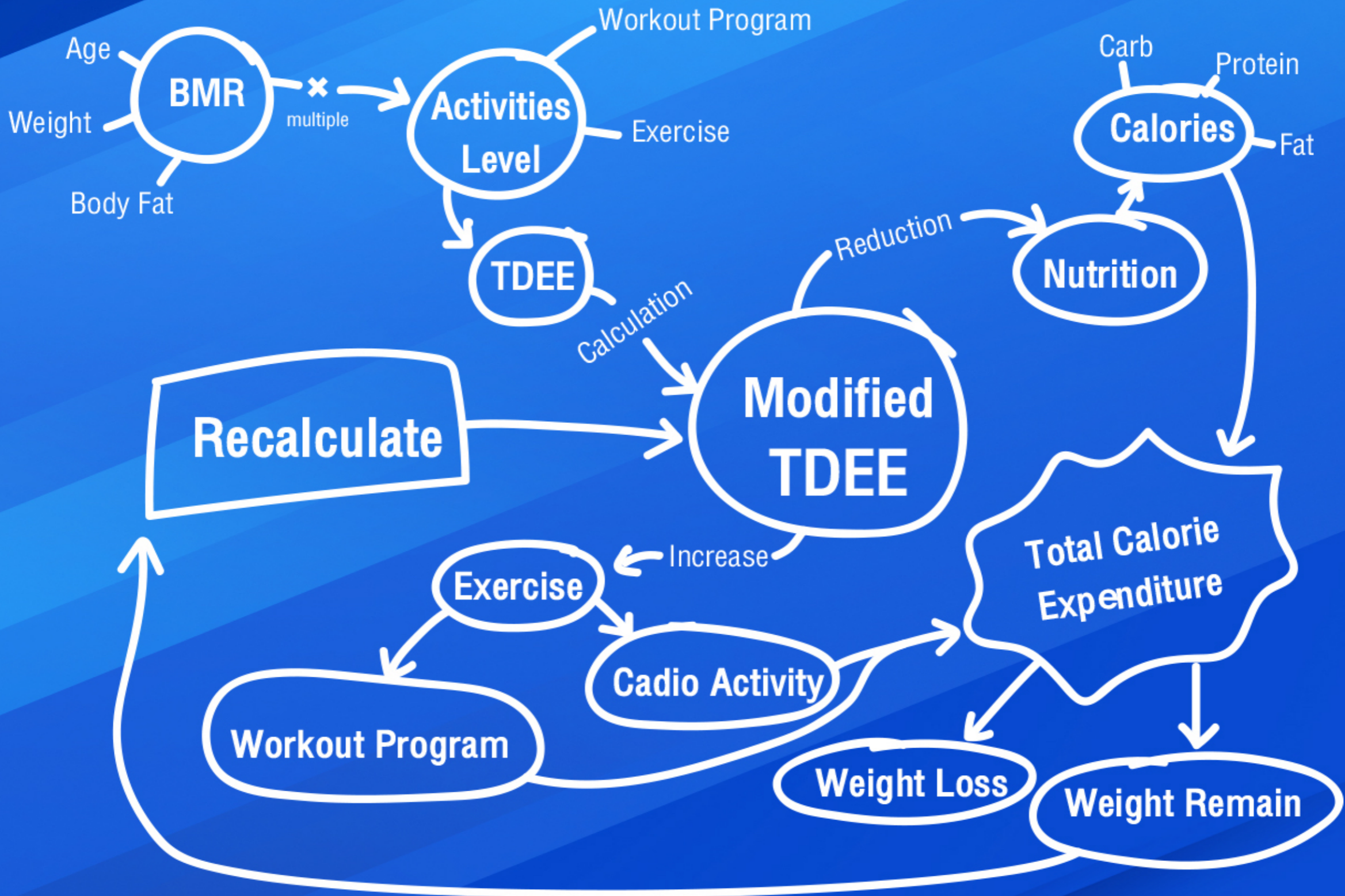


**60 DAYS
CHALLENGE**

CHANGE FOR NEW LIFE

ROAD TO
SONGKRAN







BEFORE 100kg. | Body fat 12%



AFTER 85kg. | Body fat 7%



BEFORE 101kg. | Body fat 16%



AFTER 78kg. | Body fat 7%



BEFORE 87.5kg. | Body fat 25%



AFTER 66kg. | Body fat 9%



BEFORE 89.5kg. | Body fat 17%



AFTER 79.5kg. | Body fat 7%



60 DAYS CHALLENGE



PlanforFIT

94%

สามารถ
ลดน้ำหนักได้

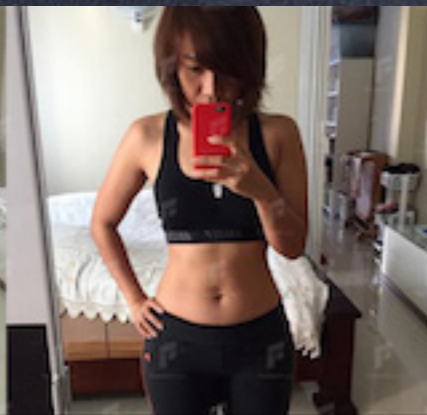
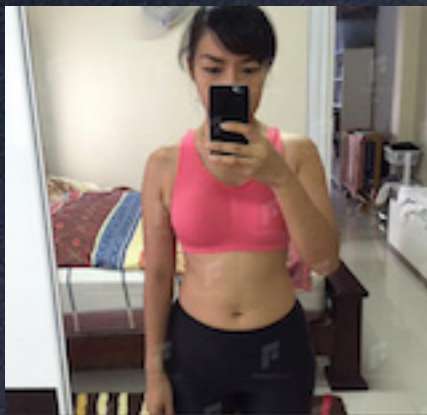
116.8KG

คือน้ำหนักรวม
ที่ลดได้ใน 60 วัน

3.89KG

คือน้ำหนักเฉลี่ย
ที่ลดได้ใน 60 วัน

60 DAYS
CHALLENGE
CHANGE FOR NEW LIFE



BEFORE 61 kg. | Body fat 21%

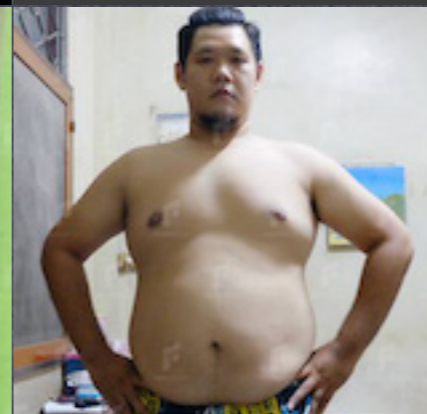
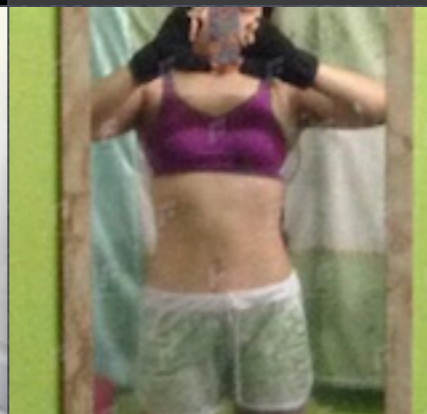
AFTER 59 kg. | Body fat 18%

BEFORE 63 kg.

AFTER 59.7 kg.

BEFORE 96.7 kg.

AFTER 92 kg.



BEFORE 87 kg.

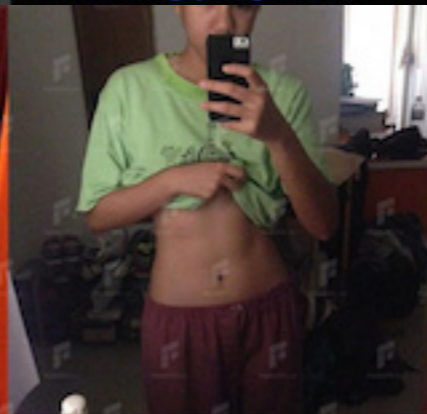
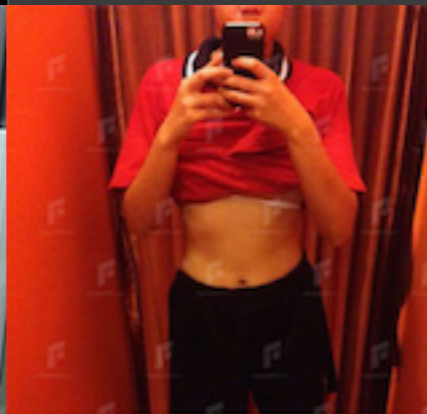
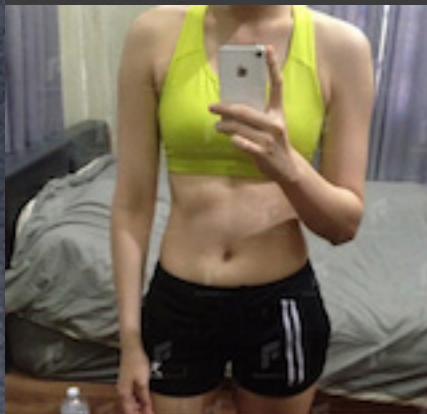
AFTER 80.2 kg.

BEFORE 59 kg. | Body fat 23.5%

AFTER 58 kg. | Body fat 22%

BEFORE 130 kg. | Body fat 33%

AFTER 122 kg. | Body fat 27%



BEFORE 56 kg.

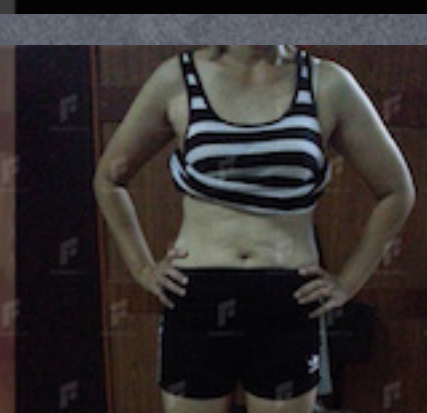
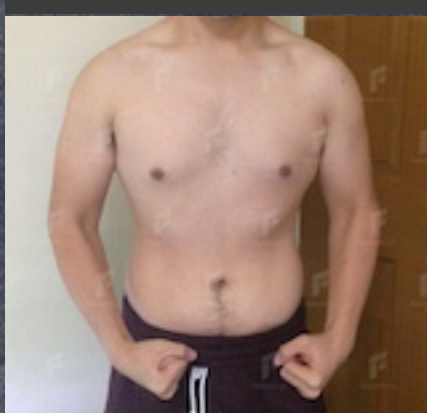
AFTER 55.7 kg.

BEFORE 52.5 kg.

AFTER 53.7 kg.

BEFORE 73.4 kg.

AFTER 71.1 kg.



BEFORE 73 kg. | Body fat 25%

AFTER 68.2 kg. | Body fat 17%

BEFORE 77.4kg. | Body fat 15%

AFTER 72.1kg. | Body fat 10%

BEFORE 50.4 kg.

AFTER 49.5 kg.



BEFORE 78.3 kg.

AFTER 73.3 kg.



BEFORE 75kg.

AFTER 70kg.



BEFORE 57 kg. | Body fat 34.5%

AFTER 55.8 kg. | Body fat 29%



BEFORE 50 kg.

AFTER 46.8 kg.



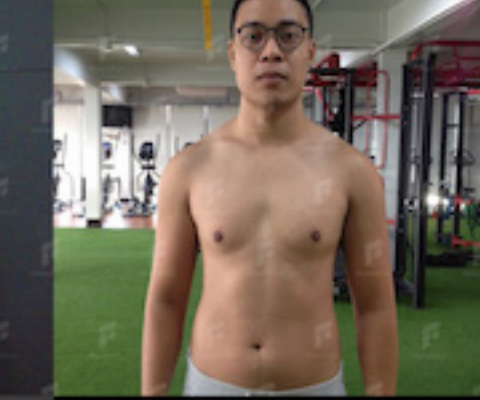
BEFORE 66.9kg. | Body fat 15%

AFTER 62.5kg. | Body fat 10%



BEFORE 80 kg.

AFTER 75.8 kg.



BEFORE 87 kg.

AFTER 79.1 kg.



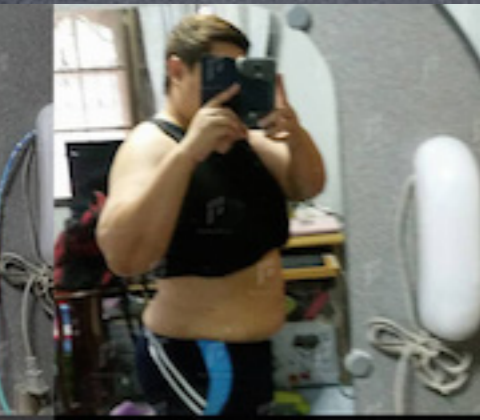
BEFORE 88 kg.

AFTER 86.6 kg.



BEFORE 99.8 kg.

AFTER 97.8 kg.



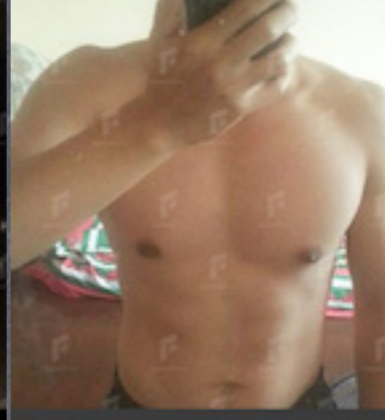
BEFORE 68 kg.

AFTER 63.2 kg.



BEFORE 67.5 kg. | Body fat 20%

AFTER 63.1 kg. | Body fat 11.5%



BEFORE 74 kg.

AFTER 72.5 kg.





OUR SOLUTION

1

Data input

Input your Personal data in just 3 min

2

Planning

System generates meal and workout plan to suit your lifestyle

3

Revision by algorithm

When the outcome is not achieve, the system re-calculates the plan.

4

Success