



Body Transformation Award

Entry Criteria & Information (Must have occurred in the last 3 Years)



Name: _____

Team/Gym Affiliation: _____

Trainer: _____

City: _____

Phone: _____

Email: _____

Age: _____

Years of Transformation: _____

Weight loss total: _____

Event Competing in: **Diamond Classic:** **Prestige Crystal Cup:**

Ruby Championships:

(Before and after photos are welcome)
www.QCBBPromotions@gmail.com

Who or what motivated & inspired you for the life change:

Who would you like to give thanks to: _____
