

# Member OF THE Month

CLIENT

Sean Chee

COACH

Jeremy Ho

## SPECIFIC GOALS ACHIEVED

**A MASSIVE 7.7% DECREASE IN BODY FAT AND AN OVERALL WEIGHT LOSS OF 3 KG.**

## QUALIFYING DETAILS

*Congratulations Sean for achieving such a fantastic result. Sean is juggling a heavy schedule at university as well as a part time job and has still found the time to incorporate 2 coaching sessions and 100 minutes of cardio exercise into his busy lifestyle. He has also made a concerted effort to improve his nutrition over this period.*

## COACHES COMMENTS

*The results speak for themselves WELL DONE SEAN!"*

