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| --- | --- |
| Name: Member ID:  | Tshirt size (unisex): |
|  |  |  |
| Start Date:  | End Date:  | Height:  |
|  |  |  |
| Start Weight:  | End Weight:  | Weight Loss/Gain: |
|  |  | (End Weight – Start Weight) |
|  |  |  |

*Notes: Please include this cover sheet as part of your essay (in one document), not as two separate documents. Essay must be saved as a .doc, .docx, .pdf, or .txt file and be under 2MB. Essay should be between 250-500 words and must be uploaded at the same time as your 4 ‘after’ photos.*