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*John Tran*

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## My Journey

I started my journey in April 2018 at 98.7kg wanting to get down to 90kg by July. Honestly, I thought that this process was going to be way too stressful and that this was a short-term phase that I was going to. However, massive thanks to Regan Hartley for making my weight loss journey one of biggest and most fun thing to look forward to each day. Thanks to Regan's insight into fitness, 100% accurate diet plans and painful (but working!) workouts have led me to shred down to 83kg by July; I am currently 77 kg as of August.

## Isn't This Much Loss Unhealthy?? KETO.

Cheers to Regan for introducing the Ketogenic diet, Intermittent fasting and training me. Regan is the king at efficiency and makes it so easy for me to not only be eating three/four proper meals a day, but also be able to lose the weight.

I came in wanting to do hundreds of pushups and pull-ups, but Regan has opened my eyes and made me realise that this journey is a marathon, not a sprint so even though I've absolutely crushed my dream weight in addition to my overall strength increasing, Regan is still there to offer the best help and information for me each week.

I have never looked and felt so healthy before and this is all thanks to Regan. Highly recommend Regan to anyone regardless of where they're at on their journey.

Before



After

