



My Experience

Name: Janette Rabele Date: _____

How did you hear about Billings Last Diet? Internet

How much weight did you lose? 75 lbs

How many inches did you lose? 42 inches

Overall, how did you feel while you were on the diet?
First 2 weeks - really bad. FOR the rest of it AWESOME!

What changes have you noticed since losing the weight?
I have more confidence. I can THINK better. I remember things better. I have more energy I like to get dressed & clothes are comfortable.

How would you describe your experience working with Billings Last Diet coaches?
I LOVE MARY - she is AWESOME and very KNOWLEDGEABLE

What advice would you give to someone contemplating starting the Billings Last diet?
It might cost a little bit more than regular eating but confidence and the way you feel is worth it.

Comments

In an effort to share the benefits and potential of Billings Last Diet please check all that apply:

- I give permission to share:
 - My testimonial to be used for informational and educational purposes
 - My Before and After Picture for Informational and educational purposes

Janette Rabele
Signature